BODYBUILDING 101: BUILD MASS FAST

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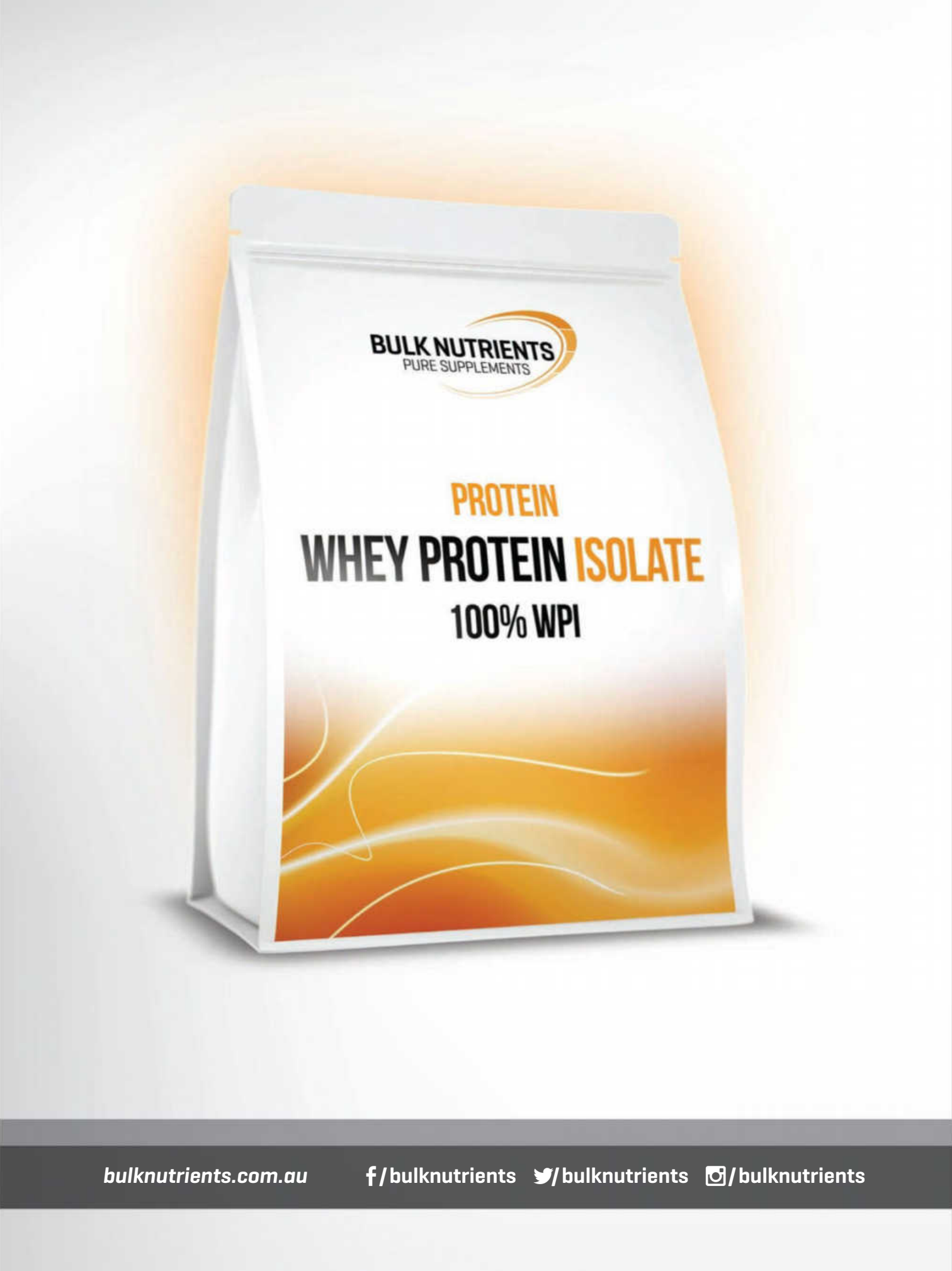
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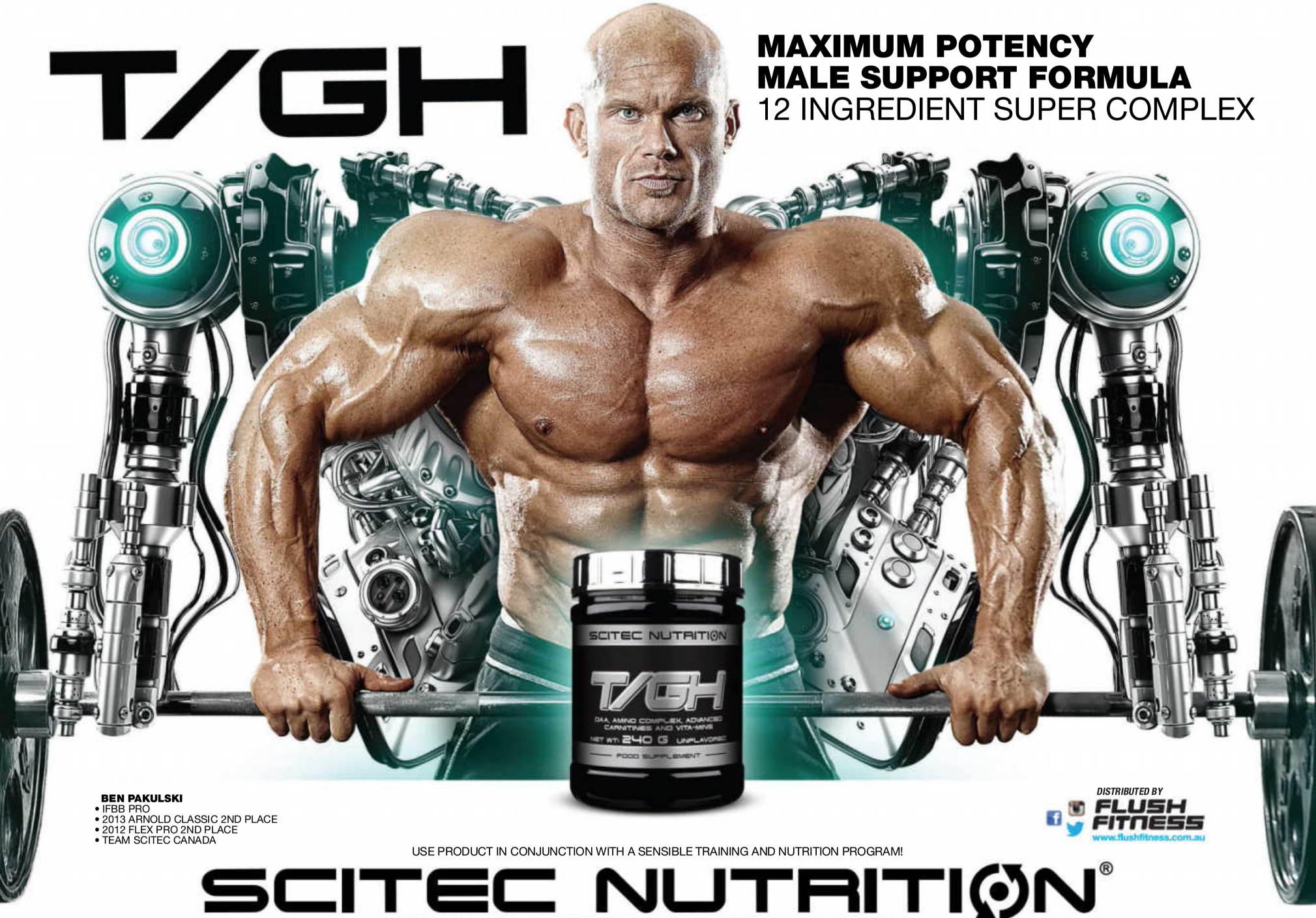
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BIG LOU
Bodybuilding's most massive man ever shares the training wisdom that built this body.

RALPH DEHAAN

T/GH

MAXIMUM POTENCY
MALE SUPPORT FORMULA
12 INGREDIENT SUPER COMPLEX



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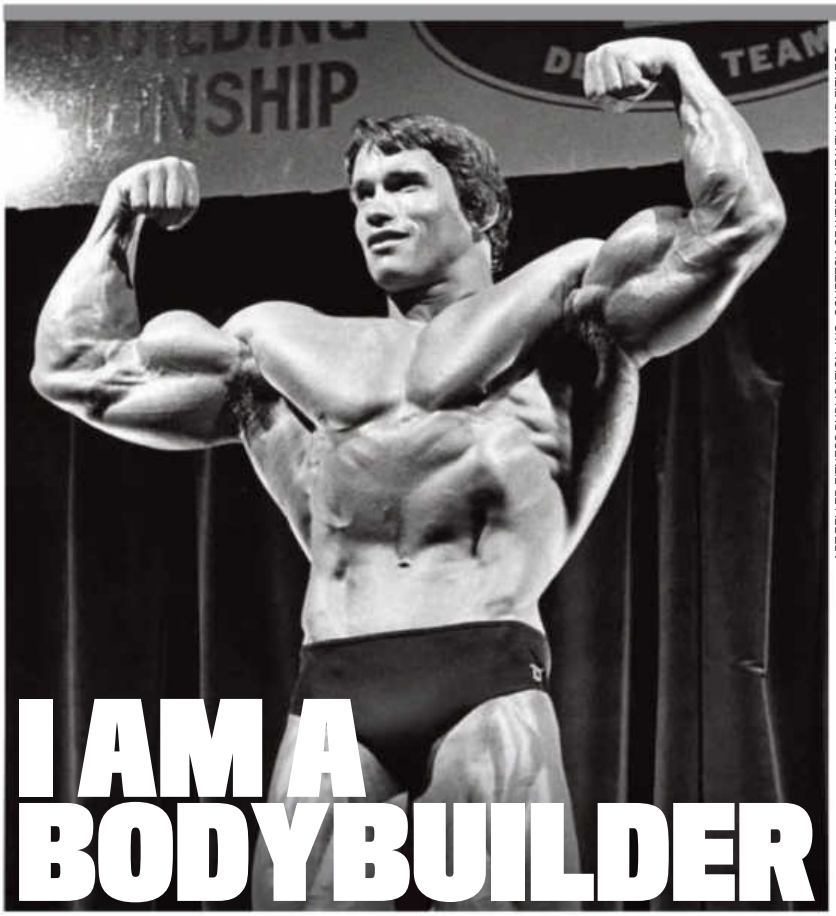
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ARNOLD'S PAGE



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I AM A BODYBUILDER

LET YOUR PASSION FOR TRAINING DEFINE YOUR LIFE POSITIVELY

Q You haven't competed in decades, but you still call yourself a bodybuilder in interviews. Why?
– JAMES B

At the end of the movie *Pumping Iron,* after I win the Mr Olympia title, I make a speech where I tell the audience that I'm retiring from competition but I'll never stop being a bodybuilder.

I meant it then, and I feel the same now. If you think of body-building in the broader sense not just as a sport but a lifestyle dedicated to the cultivation of one's physical potential, and the mental and spiritual benefits that come along with it – why would anyone just quit?

I've been a movie star, business-man, political leader and many other things in my life, but my first great accomplishment was becoming a bodybuilder, and that gave me the physique that got me noticed, along with the work ethic and focus that helped make all my other dreams come true. So no matter what projects I'm tackling next, I like to remind people where it all started, and that bodybuilding means more than just muscular men in trunks posing on a stage. And it never becomes any less important, regardless of how much money you have or what direction your life takes. I still work out every day, not just to stay fit but to clear my head and keep the habit of setting and achieving goals.

If you make bodybuilding a part of your life, as routine as going to work or walking your dog, you'll have an ace up your sleeve in every situation.

YOURS IN IRON,



ARNOLD SCHWARZENEGGER

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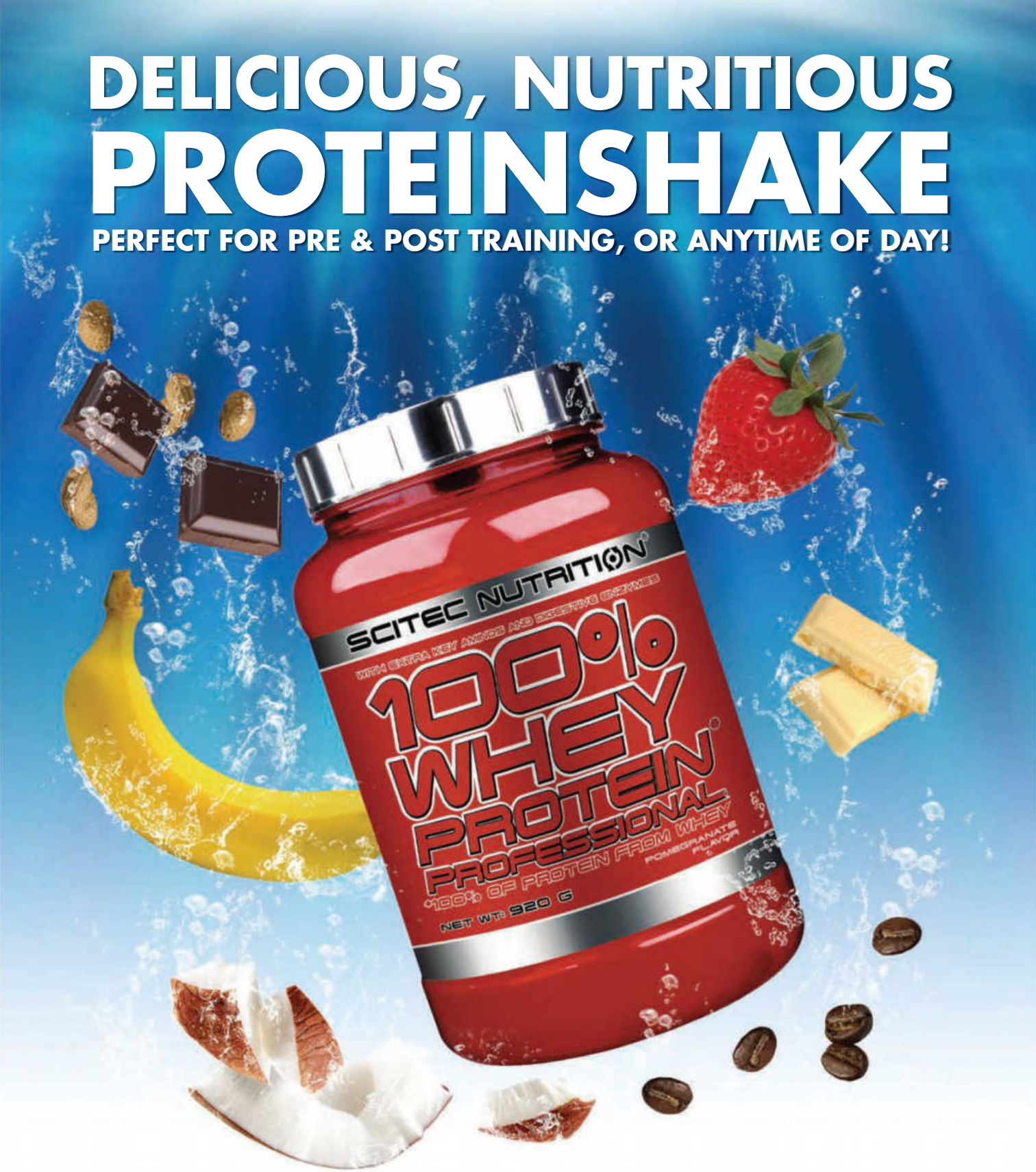
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1ST SET



BY **PHIL HEATH,** FIVE-TIME REIGNING MR OLYMPIA

CLASSIC HEATH

MR O SERVES UP INSPIRATION FOR COMPETITORS AND BODYBUILDING ENTHUSIASTS

Q When did you consider yourself a "real" bodybuilder?
Oct. 8, 2002. On that day, I took a photo of myself and said, "I'm going to become a pro bodybuilder. No more basketball, no more other sports. I don't know whether or not I'll turn pro, but this is what I want to do." I hadn't competed yet, but I knew that was what I wanted, and I threw myself into the sport completely. I was like a sponge, soaking up all the knowledge I could and finding ways to progress as a bodybuilder.

What did each of your Olympia wins mean to you? Were they all different?
The first time is complete bliss – a literal dream come true. It takes a while to sink in. The second time is nerve-racking because you want to prove you're not a one-hit wonder. The third time is to solidify a dynasty. You're trying to establish yourself as one of the greats. Going into the fourth one, you realise now it's about enjoying the journey. What can you do to keep it going? The last guy to do it was Ronnie Coleman. I made it fun for myself. One of the ways I did that was by relating it to the other sports. Like in the World Series, if you win four games you sweep the series. It can't be more definitive than that. So I started #operationcleansweep. Not to be disrespectful to the other competitors – because every man on that stage has earned his way there – but to motivate myself. When you beat the best bodybuilders on the planet five years in a row, it's as clear as day.

Q HOW DID YOU STAY MOTIVATED WHEN YOU WERE FIRST STARTING OUT?
At the time I was working two jobs and riding my bike to the gym. And when I say bike, I'm talking about the kind you pedal! I didn't feel sorry for myself or tell myself it was too hard and I couldn't do it. When you want something bad enough, you'll do whatever it takes. You keep your eye on the prize. Everything you're doing now, all the hardships you're enduring, it's all to achieve a goal you set for yourself.

JASON BREEZE

JUST THE FACTS

MY TOP 15, NO-NONSENSE, TIME-TESTED TENETS FOR BODYBUILDING SUCCESS

1 Weight training and proper eating combined is the **most direct way** to build muscle and might.

2 Right living and **quality rest** contribute significantly to the lifter's progress.

3 **Genetic make-up** is a determining factor in structural and muscular development, strength and rate of advancement.

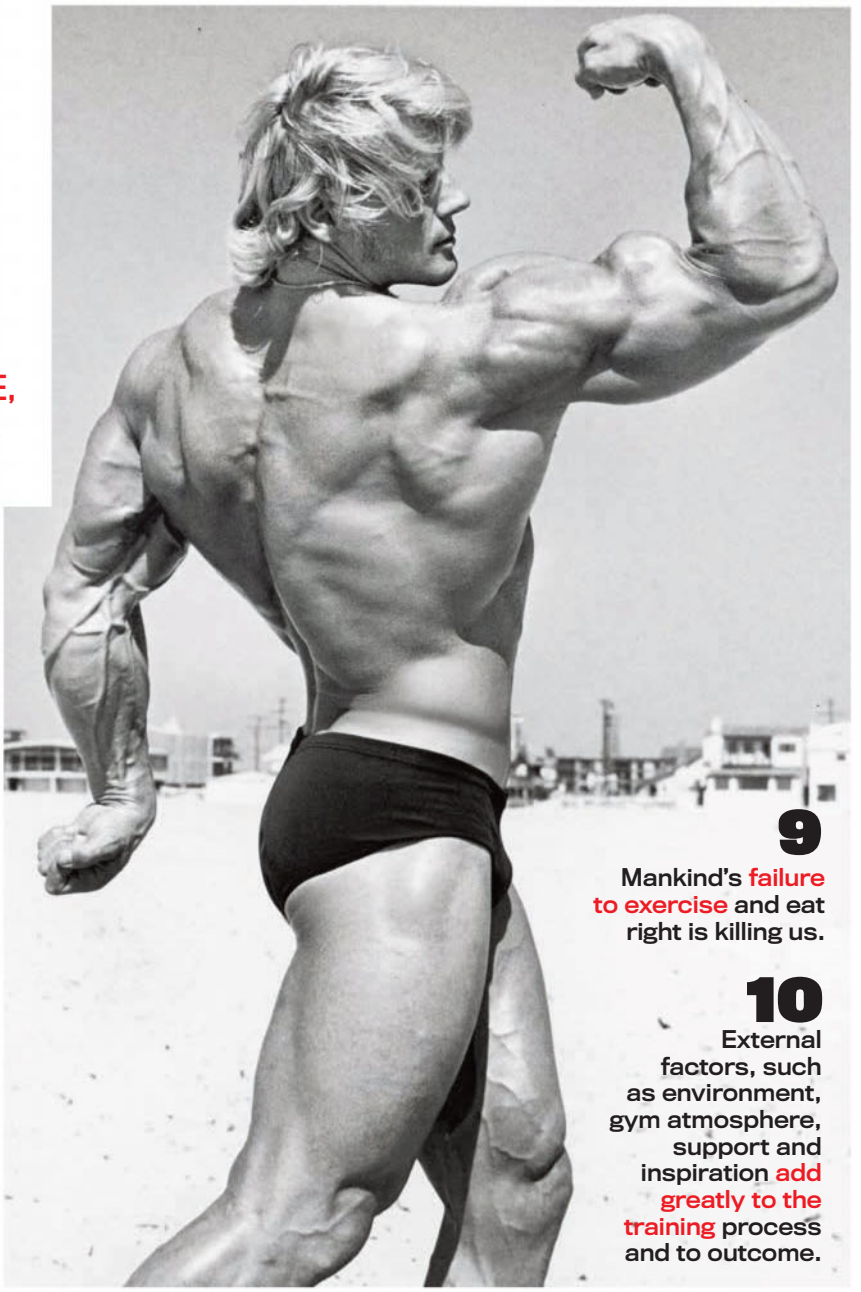
4 Many people start weight training to **achieve fitness goals,** only to give up because they don't reach their expectations quickly, and because the activity is demanding.

5 Immature trainers pursuing extraordinary goals are **easy prey** for marketing hype.

6 Early weight training **requires order** in exercises, sets and reps, and practice as the lifter focuses on form, muscle engagement, discomfort, endurance, exercise groove and pace.

7 Exercise and eating are **basic and simple** in form, yet tough in application.

8 Gain weight too fast and the **lifter will gain fat weight;** lose weight too fast and the lifter will lose muscle.



9 **Mankind's failure to exercise and eat right is killing us.**

10 **External factors, such as environment, gym atmosphere, support and inspiration add greatly to the training process and to outcome.**

11 Muscle building is an **ongoing process** of discovery, as development unfolds as plateaus, injuries and obstacles are engaged.

12 Hypertrophy is caused by **regular muscle overload;** too much overload can cause overtraining or injury.

13 Advancements from pills packed with multisyllabic **"cutting-edge"** ingredients, or advanced methodologies are, at best, novel.

14 One of the **best arguments** for exercise and eating right is: what if you don't?

15 Muscle building is not limited to building physical health alone. As **discipline, patience and perseverance are required** to approach the activity, so, too, are these rich qualities developed.

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TEAM WEIDER

ON ACTIVITIES OUTSIDE THE GYM, POSING AND MORE!

JUAN MOREL

Q What was the biggest lesson you learned after your first Mr Olympia?
I was happy with the way everything played out, so I have no complaints as far as what I could have done differently. If you give your all during your entire prep, that's all anyone can ask.

Is the Olympia really that much bigger than any other pro contest or is it hype?
Yes, it really is! I went to the Olympia two years in a row before I stood onstage, so I knew the scope of the contest. That prepared me, so I wasn't totally overwhelmed. Also, several of my friends have competed in the O, so I knew what to expect.

What areas are you trying to improve?
I want to keep improving from head to toe. Realistically, you can't make those kinds of improvements with several years of training under your belt. So I prioritise individual body parts or specific areas. I worked hard the past couple of years to bring up my legs to match my upper body. Now I want to keep improving while maintaining my small waist.



New Team AMI/Weider athlete Juan Morel is rising up the ranks of the IFBB Pro League.

JASON BREEZE

MAMDOUH "BIG RAMY" ELSSBIAY

Q What's your favourite non-bodybuilding activity?
I like to spend time with my family and watch TV.

How often each week do you practice posing?
Usually about three times a week.

How do you choose your posing music?
I like hip-hop or R&B. The slow music allows me to show every pose. And the hip-hop and R&B is for the audience to go crazy and have fun.





DANY GARCIA

Q How do you control fear at competitions?
The fear comes beforehand: can I pull it all off in my life so I can be present and be at my best? Once I'm onstage, the performance aspect is something I'm comfortable with.

Do you support a charity?
I run one. The Beacon Experience is a Miami-based cohort of the I Have a Dream Foundation.

What drew you to compete?
My boyfriend was getting ready for a show, and the women's physique division came into being. It all just came together.



STEVE KUCLO

Q What does lunch look like for you?
Ten ounces [280g] of salmon, 2 cups white rice, some avocado. If I need a boost, then I go to Whataburger in Dallas.

What is on your playlist? The bands I listen to are Black Label Society, Thousand Foot Krutch and Hellyeah. At the gym I listen to gym music, which at my gym is rock.

Does natural talent beat hard work?
That's a loaded question! Talent is only talent if it's harnessed and developed. I'm a hard-work kind of guy. If you combine natural talent and hard work, it's an unbeatable combination.

PAVEL YTHJALL; PER BERNAL; ISAAC HINDS; BILL COMSTOCK

BY FLEX LEWIS, FOUR-TIME OLYMPIA 212 SHOWDOWN WINNER

STRAIGHT TALK

FLEX LEWIS ON CONTEST PREP, TATTS AND WHY FAVOURING A BODY PART IS BAD



Q As a contest promoter, what is a common mistake you see competitors make?

The biggest problem I see is that there are too many chiefs and not enough Indians. What a competitor needs is one Indian who says, "You look like shit. You're not ready." Competitors need to work on getting their tans right, they need to listen to their music and practice posing to it – not just the night before the contest, but also every day for weeks until they have it down. And then two times a week. And then three times a week after that just to get good at it.

Do you think tattoos work against a competitor?

I have a small tattoo on my biceps, and a lot of other pros have tattoos – Jon Delarosa, William Bonac, for example. The smaller tattoos aren't an issue. It's the head-to-toe tattoos that cause problems because they blend in with the muscles and the lines, which can make cuts and striations harder to detect. If the ink covers up what you want the judges to see, that's not good.

Favourite dinosaur?

Literally, I just left the theater after watching *Jurassic World*. Special effects were amazingly realistic. I like the smaller ones – the velociraptors.

Q WHAT IS YOUR FAVOURITE BODY PART TO TRAIN?

I don't have one. Maybe that's why I'm such a complete bodybuilder. I get into the gym and I'm looking forward to whatever it is I need to do.

CHARLES LOWTHIAN



Photographer: Kevin McDermott

2014 Australian Award Winner – Best New Moisturiser and Best New Shaving Cream/Gel.

WORLD WIDE WEBB

PERSONAL TRAINER CHRISTOPHER WEBB COMPETES TO MOTIVATE HIMSELF AND OTHERS

"I train chest twice a week to bring it up as I feel it's a weak point on my body. I also t rain legs twice a week to break up the leg in to two. One day is quad dominant and the second is hamstrings dominant.

"I also like to put an arm day in to help bring up my arms as I feel I don't get a lot of size from just doing them with chest and back, so I like a day just for them!

"A lot of my training is hypertrophy, so a lot of my reps are around 12-18 and sets of 4. During the off session I like to do a lot of power lifting, so heavy deadlifts and squats.

"I currently train at Doherty's Gym Brunswick and Frankston, Melbourne. My favourite exercise is squats.

"The reason I started training was because I have a passion for bodybuilding. My role models include Scott Goble and Jake Nikolopoulos.

"It's my goal to become the best amateur bodybuilder and to be a top level competition coach for male and female competitors."

COMPETITION HISTORY

NABBA Class 1 2013 placed 2nd
WFF Classic Bodybuilding 2013 placed 2nd
IFBB Classic Bodybuilding 2013 placed 4th
IFBB Novice Bodybuilding 2015 placed 1st

WEBB'S STATS

AGE 29

OFF SEASON WEIGHT 118 KG

COMPETITION WEIGHT 100 KG

BEGAN TRAINING 2011

TRAINS 6-7 DAYS PER WEEK

HOW WELL DO YOU SCRUB UP?



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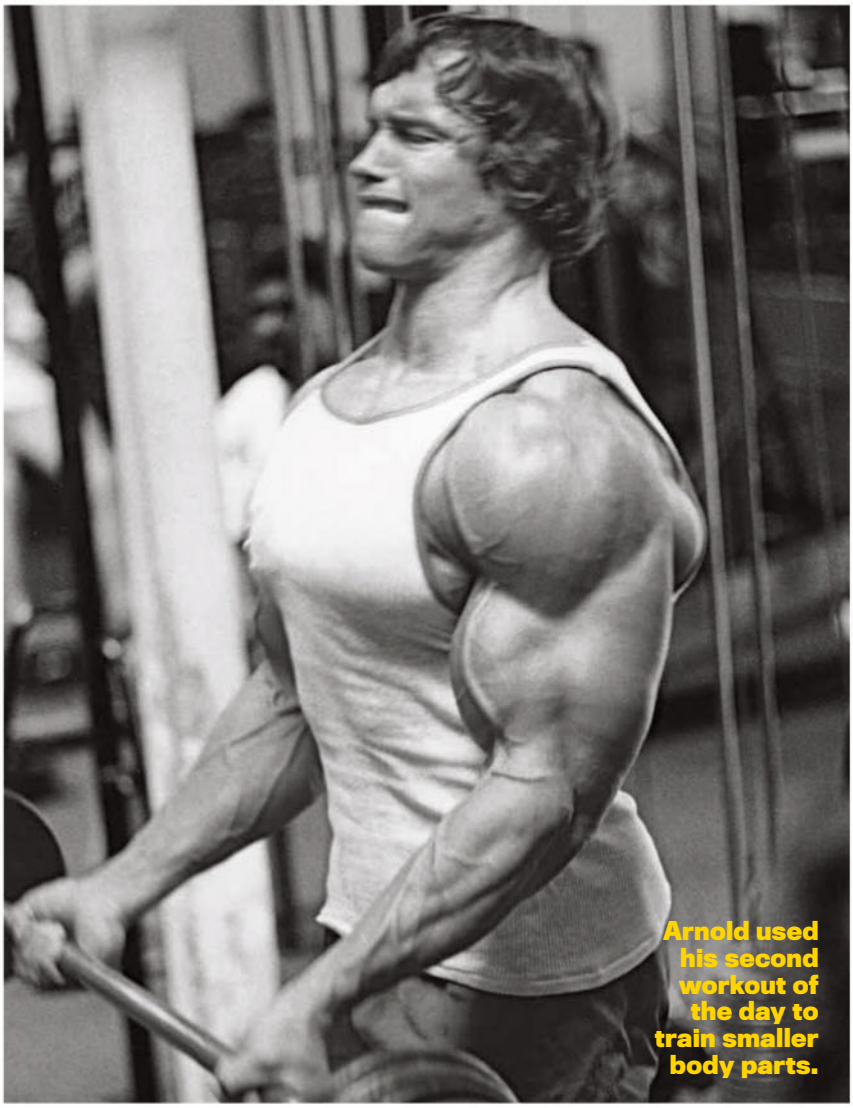
DOUBLE-SPLIT ROUTINES

THREE WAYS ANYONE CAN BENEFIT FROM A WORKOUT DAILY DOUBLE

Workouts reached peak volume in the 1970s when Arnold Schwarzenegger hit most body parts with a 15- to 25-set barrage three times weekly and abs and calves daily. But Arnold didn't just do half his workload one day and the other half the next, because the resulting sessions would've lasted more than four hours. He also went a step further and split each day's workload, doing half in the morning and the other half in the afternoon or evening. By double-splitting, he moderated the volume of his 12 weekly workouts. We're not recommending you follow Arnold's high-frequency split long term. But there are three ways you can benefit from a routine daily double.



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Arnold used his second workout of the day to train smaller body parts.

DOUBLE-SPLIT BASICS

- Doing two lifting workouts is effective pre-contest or for up to six weeks in the off-season.
- To compartmentalise fat burning and muscle-making, do your cardio shortly after waking and your weight training in the afternoon or evening.
- Another way to double-split is to do a heavier, daily workout in a gym and a second, lighter workout with the equipment you have at home.

DOUBLE-SPLIT TIP SHEET

- You may want to double-split only once or twice in your split. For example, on leg day, do quadriceps in the am and hamstrings and calves in the pm, but on all other workout days hit the gym only once.
- For maximum effectiveness, space at least six hours and two meals between your first and second workouts. If possible, nap during this between-workout period.
- Double-splitting can be an effective long-range system for those with very busy schedules. If you can get to the gym only twice per week, you could still divide your body into four weekly workouts: two on one day and two on the other.

SHORT-TERM

Double-splitting is not some relic of the '70s, like Fonzie and mood rings. It's still done by many top bodybuilders today. But unlike Arnold, Phil Heath and company don't usually hit body parts three times per week (once weekly is the norm), and they don't double-split in the off-season. Typically they only two-time pre-contest. The resulting shorter workouts allow them to apply maximum intensity and focus to each session from start to finish, even when their lower-carb intake reduces their energy.

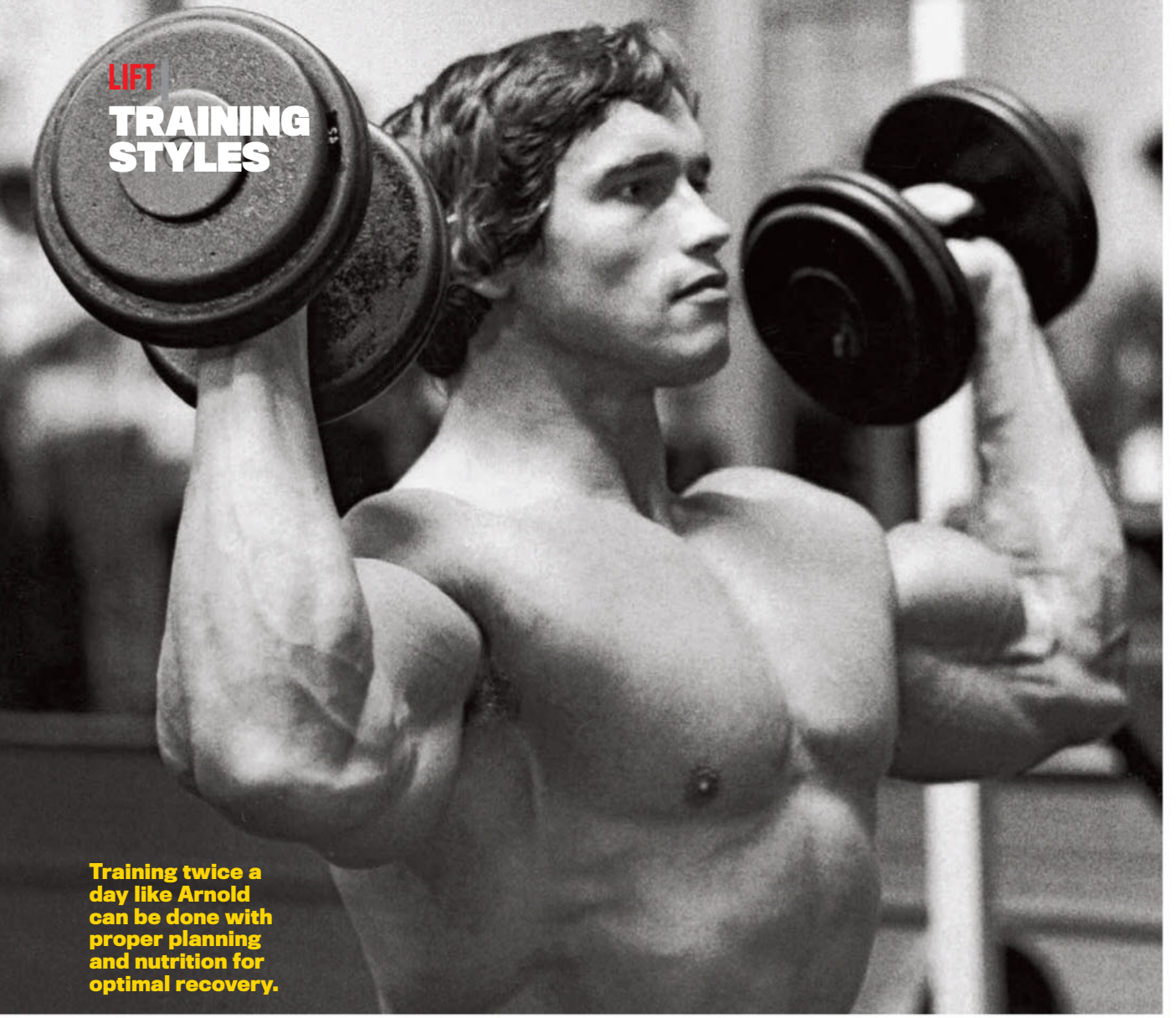
Even if you don't plan to go on stage, you can benefit from short-term double-splitting. Our sample routine divides the body into four "on" days (8 workouts), which can be done over five to eight days, depending on your schedule and recuperation needs. This routine focuses on a larger part (such as back) in the first workout and smaller parts (such as biceps and calves) in the second workout. A short-term double-split works best when done for no longer than six weeks followed by at least as long a period training once daily.

"I DID A LOT OF VOLUME, AND I WORKED MUSCLES THREE TIMES A WEEK, SO RATHER THAN DO ONE MARATHON WORKOUT DAILY I DID TWO SHORTER WORKOUTS SO I COULD BE FRESH IN BOTH." – ARNOLD SCHWARZENEGGER

AM CARDIO

The most popular way of double-splitting nowadays is to do your cardio separate from your lifting. This is typically fasted cardio, meaning it's performed first thing in the morning on an empty stomach, long after the previous day's last meal, which facilitates the burning of body fat instead of carbs for energy. (We recommend ingesting a protein or a BCAA shake upon waking to stave off catabolism.) You can then do your weight-training workout later in the day with sufficient carbs for fuel. This division allows you to physically and mentally compartmentalise your fat burning and your muscle-making. Some competitive bodybuilders will triple-split pre-contest, doing cardio in the morning, lifting in the afternoon and still more cardio and/or lifting in the evening.

COURTESY OF WEIDER HEALTH AND FITNESS



Training twice a day like Arnold can be done with proper planning and nutrition for optimal recovery.

MAJOR/MINOR

One big downside of a daily-double routine is incorporating two trips to and from the gym into your schedule. Even if you have time and even if it's an easy commute, seeing the same old gym twice on the same day can grow tedious. The solution is to do one regular workout in a commercial gym and one lighter workout in a home gym. Some of you may already have well-equipped home gyms, but most of you probably don't. That doesn't matter. In our sample routine, you won't be doing squats or pulldowns at home.

All major muscle groups, except abs, are trained in a commercial gym. The home workout focuses on areas you can stress without weights, such as abs or calves (with one-leg, body-weight calf raises), or with minimal equipment: forearms can be hit with a barbell or dumbbell, neck can be stressed with a barbell plate against your head. (In our sample routine, calves are also trained once in the gym with weighted resistance.) You'll notice the routine includes space for a "weakness." This is a body part you want to give extra focus to with high-rep, low-set work. For example, for arms, do two supersets of curls (50 reps) and overhead triceps extensions (50 reps) with a light barbell or a resistance band.

SHORT-TERM DOUBLE SPLIT

AM	AM	AM	AM
Quads	Back	Chest	Deltoids
PM	**PM**	**PM**	**PM**
Hamstrings	Biceps	Triceps	Abs
Abs	Calves	Abs	Calves

MAJOR/MINOR DOUBLE-SPLIT

AM	AM.	AM	AM	AM
Quads	Upper back	Chest	Deltoids	Biceps
Ham-strings	Lower back	Calves	Traps	Triceps
PM	**PM**	**PM**	**PM**	**PM**
Abs	Abs	Abs	Abs	Abs
Calves	Forearms	Weakness	Neck	Calves

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KNOWING SQUAT

IS THERE A "BEST" WAY TO SQUAT?

HYPOTHESIS

Researchers from the Sport Performance Research Institute in New Zealand wanted to find out which variation of the barbell squat – deep, parallel or front – produced the greatest activation of the glutes, quads and hamstrings.

RESEARCH

Thirteen experienced resistance-trained female subjects performed a single set of 10 reps using their 10-rep max for each squat variation. Electromyography (EMG) electrodes were placed on the quads, hamstrings and glutes. Maximum voluntary isometric contraction (MVIC) testing was performed and recorded for each muscle group. Foot placement was the same for all variations.

FINDINGS

No differences in muscle activation were found for any of the squat variations. The authors speculate that because the 10RM load was adjusted to accommodate differences in strength, their results are different from some reports of greater EMG activity during deep squats. Hamstrings were not activated to any large extent during any variation.

CONCLUSION

Long-term studies favour deep squatting for the greatest muscle hypertrophy. However, this data points out that front squats and parallel squats are effective alternatives to deep squatting when necessary.

APPLICATION

Leave your ego at the door and find a weight that allows you to go as deep as possible while maintaining proper form. Over time, this will be the best for leg mass. Because squats do not effectively activate the hamstrings, be sure to include leg curls and stiff-leg deadlifts in your routine.



JASON BREEZE

BY GREG MERRITT



THE HOLISTIC PROGRAM

COMBINING VARIOUS TRAINING STYLES CAN COMPOUND YOUR GAINS

CrossFit is a 21st-century sensation, but the incorporation of various workout methods is nothing new to bodybuilding. For example, two-time Mr Olympia Franco Columbu sometimes did powerlifting, boxing, Olympic weightlifting and running in addition to traditional bodybuilding sets and reps. And that was in the Nixon era. Back then this was called "holistic". Today's bodybuilders can also benefit from similar inclusiveness by incorporating a variety of techniques in the same workouts or in separate sessions throughout a program. Going holistic can broaden your workout focus beyond gaining muscle to burning fat, boosting power and even increasing dexterity.

KEVIN HORTON

GOING HOLISTIC

The best rep range for growth is eight to 12, and exercises should generally be performed for three or four working sets in that range. But that's not the only way to grow. In fact, utilising the same sets and reps workout after workout will inevitably lead to stagnation. By incorporating a plethora of styles and techniques, holistic training can keep your enthusiasm high and your muscles expanding, and it can allow you to focus on other goals, such as jumping ability for basketball or rapid acceleration for football. There are three ways to go holistic.

1 ROTATING CYCLE

You can change your training style periodically. For example, you could do one week of plyometrics followed by two weeks of power work, followed by three weeks of moderate sets and reps. Each of those three segments is one cycle. The Y3T method devised by Neil Hill and frequently followed by Flex Lewis utilises three cycles over three weeks: Week 1 is focused on heavy compound exercises, Week 2 is focused on moderate compound and isolation exercises and Week 3 is focused on high reps and high intensity. Holistic cycling allows you to compartmentalise your training into segments of one to four weeks with each segment devoted to a different workout approach.

2 STAGGERED SPLIT

Another way to go holistic is to change your style from workout to workout. Don't do this randomly or you'll likely foster chaos as one workout collides with another. Instead, stagger your split so body parts go through the same style rotation but on different weekly schedules. For example, you might do a power workout for legs one day and a high-rep session for back the next day. Then the next week you'll reverse that. Our sample staggered split includes a different workout style for every body part over four weeks. (In this sample split, HIT is high intensity; high rep is 15–25 reps; power is 4–8 reps; moderate is 8–12 reps.)

3 HOLISTIC WORKOUT

Advanced bodybuilders can change styles from exercise to exercise or even, during the same exercise, from set to set. As with the cycle and split holistic methods, holistic workouts require planning. Don't wing it. Instead, plot out sessions wherein one style can complement another and all styles together are stronger than any one individually. Our sample leg routine strives to do this by starting with plyometrics (box jumps and explosive box squats), progressing to high intensity (leg extensions, leg presses), then pumping up and exhausting the muscles with high reps (leg adduction, hack squats), and, for those with the space and equipment, ending with a functional exercise (sled push). A routine such as this can allow you to focus on more than one goal at once, such as speed, power, muscle size and functional ability.



"Whether I'm following Y3T or not, I'm always incorporating different styles and techniques in my training. 'Be flextraordinary' is my saying, and to do that you have to think outside the box." – FLEX LEWIS

PER BERNAL



HOLISTIC LEG WORKOUT

EXERCISE	SETS	REPS
Plyometric box jump	2	10
Plyometric box squat	2	10
Leg extension	2	10–12*
Leg press	2	10–12*
Leg adduction	2	100**
Hack squat	2	100**
Sled push	2	50 yd

*All working sets are to failure and preceded by one or two warm-up sets.

**Do as many drops as necessary to reach 100 reps.

HOLISTIC STAGGERED SPLIT

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY Quads/ hams	HIT	High rep	Power	Moderate
TUESDAY Chest/ triceps	High rep	Power	Moderate	HIT
THURSDAY Back/ biceps	Power	Moderate	HIT	High rep
FRIDAY Shoulders	Moderate	HIT	High rep	Power

HOLISTIC TIP SHEET

- Plot out your cycles, splits and workouts carefully; keep your strategy in your smartphone.
- Cardio can be holistic. Utilise more than one machine in the same workout, and/or try to use non-mechancal activities such as sprinting intervals, swimming laps, pummeling a heavy bag or full-court basketball.

HOLISTIC BASICS

- Variety can boost your intensity and focus.
- Holistic is a great way to incorporate power and speed training into a bodybuilding program.
- It's also ideal for those who do other athletic activities, such as football or kickboxing, in addition to bodybuilding.
- Doing plyometric exercises like battle ropes, box jumps and speed push-ups can aid your bodybuilding.

PAVEL YTHJALL (2)

GET STRONG

SHOULD RESISTANCE PROGRESS STEADILY, OR IS IT BETTER TO MIX IT UP?

OPENING ARGUMENTS

Defense
Daily undulating periodisation has been shown to produce superior strength gains compared with periodisation in which the weight loads progress linearly from light to medium to heavy over the course of several weeks or months.

Prosecution
Most periodisation models have a fixed schedule of progression that lifters are not allowed to deviate from regardless of their "readiness" on the workout day. Flexible periodisation allows the load to be selected on the day of each workout based on the lifter's readiness.



PAVEL YTHJALL

EVIDENCE

1 A 2010 study from St. Francis College in the US compared two methods of periodisation, daily undulating and flexible, in a 12-week college weight-training class.

2 Both groups performed the same total training volume. Those in the flexible periodisation group significantly increased their leg press strength by an average of 136 pounds (61.5kg); lifters in the daily undulating group increased their strength by an average of only 35 pounds 11kg). Bench- press strength did not differ significantly between groups.

3 Daily undulating periodisation is a method of applying the principle of progressive overload by incorporating heavy, medium and light training days all within a single week. Workouts were established by using the subject's 10-, 15- or 20-rep max during a given workout.

4 Flexible periodisation is a form of undulating periodisation. The total number of heavy, medium and light workouts is established at the beginning, and then lifters can chose which weight load they want to use each day until they have performed all the predetermined workouts for each load.

VERDICT

Flexible periodisation resulted in significantly greater gains in leg strength compared with daily undulating periodisation.

SENTENCING

Flexible periodisation appears to be the most effective method of incorporating heavy, medium and light workouts. That said, being flexible does not mean that you can skip heavy leg workouts whenever you feel like it. Stick to your pre-determined number of heavy, medium and light days.

KAREY NORTHINGTON



ISAAC HINDS

I wish there were a way to avoid spray tans before bikini competitions. No matter how many times I do it, which is a lot, I always find a way to mess it up.

Being a high school nurse is so rewarding. My kids know I'm a personal trainer, but they're a little too young to see the photos. My husband likes to joke that my office is especially busy with "sick" boys all the time.

I'm scared of the sound a balloon makes when it pops. When my 5-year-old son has a balloon and it's heading towards the ceiling fan, I feel like I should hit the deck.

I've had to work hard at my posing and stage presence. It doesn't come naturally to me. When someone is comfortable onstage, it comes through.

THIS IFBB BIKINI PRO IS PROBABLY THE WORLD'S MOST POPULAR SCHOOL NURSE BY PAMELA NULLET

SEE MORE Go to *hardbodynews.com*

IT'S A TRAP

TOTAL SHOULDER AND BACK DEVELOPMENT MUST INCLUDE THE TRAPS



Well-developed traps are visible from the front and rear, as part of the shoulders and back. The primary function of the traps is to elevate the shoulder girdle and rotate and stabilise the scapula.

Deadlifts and shrugs place the greatest loads on the upper traps, while seated rows and bentover lateral raises target the middle and lower traps. In order to fully activate the traps on seated rows and bentover lateral raises, spread the shoulder blades at the bottom of the movement and then retract and squeeze them together at the top.

When doing shrugs, it is not necessary or helpful to roll the shoulders forward or backward. The only line of resistance is the line of gravity, which is straight up and down. It's also important to keep the head and neck in proper alignment with the spine.

TREMENDOUS TRAPS WORKOUT

EXERCISE	SETS	REPS
Bentover lateral raise	4	12–15
Seated row*	3	10–12
Dumbbell shrug	4	12–15

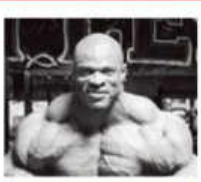
*Use a medium-width grip.

BEST TRAPS EVER

These three legends could give a gorilla a run for its money



Dorian Yates
The six-time Mr O used heavy weight and low volume.



Ronnie Coleman
This eight-time Mr O's traps defied belief.



Johnnie Jackson
It looks like Jackson had traps to spare.

JASON BREEZE; CHRIS LUND; KEVIN HORTON; BILL COMSTOCK

BY BRIAN SHAW, THREE-TIME WORLD'S STRONGEST MAN



SHAW SPEAKS!

HOW THE THREE-TIME WORLD'S STRONGEST MAN EATS ON THE ROAD, AVOIDS INJURY AND STAYS CONDITIONED

Q How do you stay healthy and injury-free? The biggest key is to learn how to listen to your body. I modify my training plan to accommodate how my body is feeling from day to day. Now, at first that might seem like a very simple and easy thing to do, but when you're training for a big contest sometimes the last thing you want to do is listen to your body when you're tired, sore or just need a couple of days of lighter training. One key takeaway here is the importance of keeping detailed notes on your training – sets and reps, rest periods, how you feel, etc.

I also get rehab treatment one to two times per week, which includes stretching and soft-tissue work. I keep my diet on point as well to make sure I have plenty of good food and the right supplements to hit it hard in the gym and recover properly. I also do plenty of contrast baths and get enough sleep.

Do you prepare meals to take with you? If a competition is only one or two days, I will pack almost all the food I'll need with me. In the case of a longer contest, it's impossible to carry enough. For the longer trips I bring some packed meals as an additional food source. So I would plan to have two to three meals packed with me per day; if I'm gone for 14 days I would have between 28 and 42 meals packed.

SEE MORE

Brian Shaw is part of Team MHP. For more information, log onto mhpstrong.com or check out Brian on Facebook.

Q DO YOU DO CARDIO? IF SO, WHICH TYPE DO YOU PREFER?

I will do some cardio that is low intensity for a longer duration (20 to 30 minutes) on occasion for overall general health and to get blood moving, especially in the off-season. But normally I stick to sport-specific conditioning. Typical strongman events last only 60 to 90 seconds, so I prefer to use high-intensity interval training to maximise my conditioning level. I pick several different exercises and then perform a circuit, varying the interval time between 20 and 60 seconds of work followed by 30 to 90 seconds of rest.

JASON BREEZE

BY BRYAN HAYCOCK



POSTERIOR POP

REINVENT YOUR REAR DELT WITH THIS UNIQUE ROUTINE

The deltoids are composed of three portions: the front (anterior), side (lateral) and the rear (posterior). Well-developed front delts are common among weightlifters because they're highly involved in pressing movements such as dips, chest press and shoulder press. Another reason? People tend to pay more attention to muscles they can see in the mirror. Well-developed rear delts, on the other hand, are far less common. Not only are they out of sight, out of mind, but they're also more difficult to achieve.

The primary action of the rear delt is to bring the arm from front to back in the horizontal plane with the elbows high and out. Wide-grip rows to the chest, bentover laterals, reverse pec decks and, in particular, lying laterals – a great isolation exercise – all hit the rear delts.

To get the most out of your lying laterals, keep the plane of motion perpendicular to the body, raising and lowering the dumbbell directly in front while keeping the elbow, and pinkie, turned up. Do not attempt to go heavy. In fact, only the use of light weight will allow you to execute proper form.

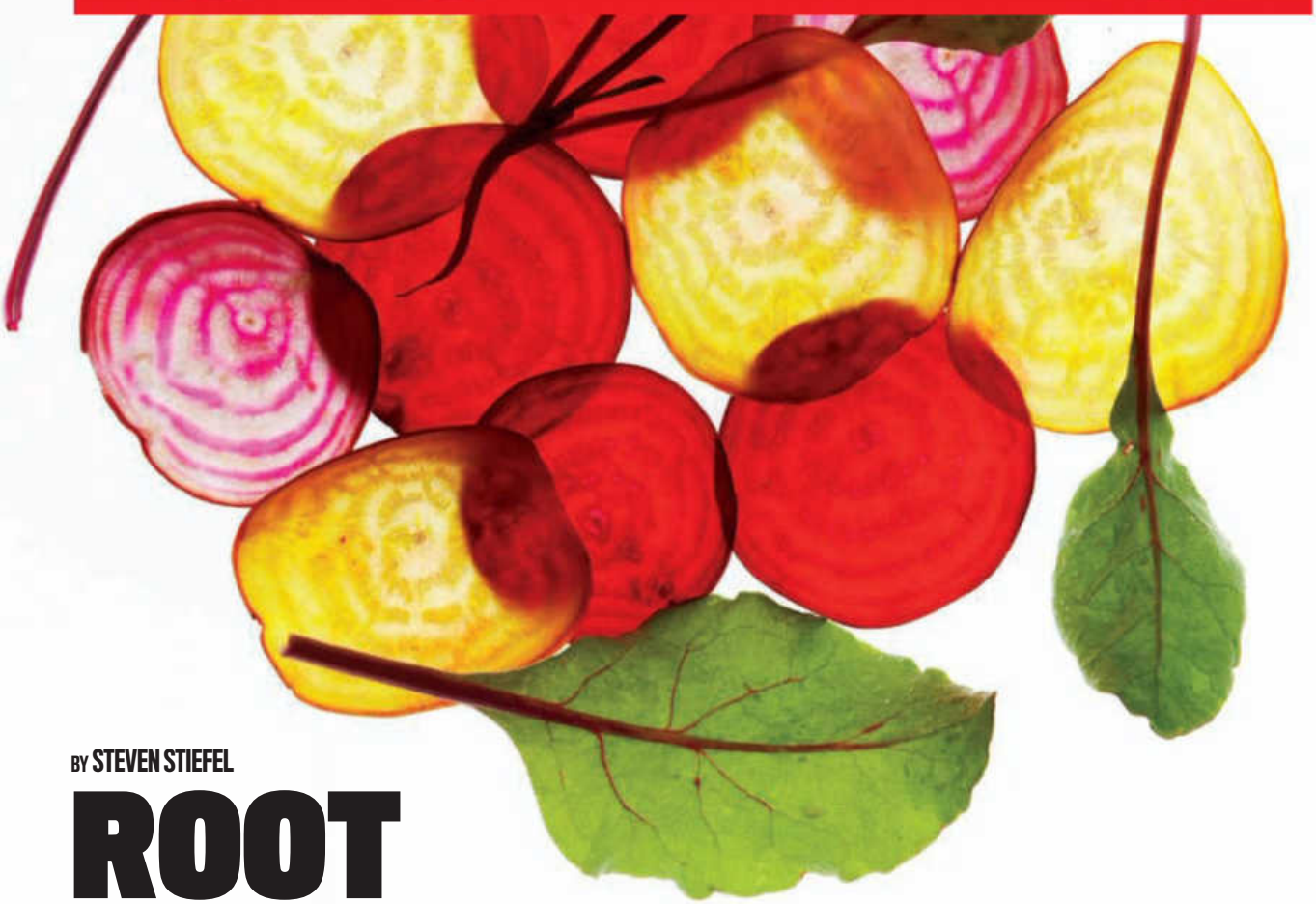
BRING UP YOUR REAR DELT WORKOUT

EXERCISE	SETS	REPS
Bentover lateral (elbows/pinkie up)	3	12–15
Lying lateral (elbows/pinkie up)	3	12–15
Reverse pec deck	3	10–15

JASON BREEZE

NUTRITION TIPS TO FUEL TRAINING AND GROWTH

FOOD & SUPPS



BY STEVEN STIEFEL

ROOT OF THE MATTER

All root vegies are a good source of fibre and vitamin C. Sweet potatoes are a clean carb staple for all athletes; ginger can lower blood sugar and blunt muscle soreness. Studies have shown that beetroot can boost athletic performance as it's the source of the potent pre-workout ingredient beta-alanine.

ROOT VEGIES CAN FUEL YOUR WORKOUTS AND BOOST YOUR IMMUNE SYSTEM.

GREG RANNELLS PHOTOGRAPHY/STOCKFOOD



BUFFALO MINCE HAS FEWER CALORIES, LESS FAT AND CHOLESTEROL, PLUS MORE PROTEIN THAN BEEF MINCE.

FINE DINING

FEED YOUR BODY WITH A BETTER RED MEAT: BUFFALO.

Why buffalo instead of other protein? Buffalo aren't fed hormones or antibiotics; they're free-range animals that eat foods from their natural habitat. The end result is leaner meat that tastes like beef. "Isolated meats in remote areas are naturally fitter and leaner than domesticated animals as they are constantly on the move and roam vast outback territory," says Marnie Flanagan from Naturally Wild (naturallywildproduce.com). "The fat does not got through the muscle, hence the result is a very lean protein." Try this mini burrito recipe for a new take on this high-quality protein source.

THE MACROS

In an 85g serving

CALORIES	PROTEIN	FAT	CARBS
418	23G	18G	42G

MINI BURRITO BAKES

SERVES 6

INGREDIENTS

- **500g** buffalo mince
- **1** ear of fresh corn, kernals removed
- **425g** black beans
- **400g** fire-roasted tomatoes
- **1** tsp ground cumin
- **1** tsp garlic powder
- **1** tsp salt
- **1** tsp red wine vinegar
- **1** tsp agave nectar
- **2** dozen 7.5cm wonton skins
- **1** cup low-fat cheese
- **3** cups romaine lettuce, shredded
- **350g** cherry tomatoes, halved
- **225g** low-fat sour cream

DIRECTIONS

Preheat oven to 175°C. Brown mince for 8 minutes in a frypan on medium heat. Add corn, beans, roasted tomatoes, spices, vinegar and agave. Cook for 15 minutes. Spray a 12-cup muffin tin with cooking spray. Lay 2 wonton skins in each cup. Bake in oven until slightly crispy. Spoon buffalo mixture into cups; sprinkle with cheese. Bake for 12 minutes. Garnish burritos with lettuce, cherry tomatoes and sour cream.

FOOD STYLING BY SUZANNE LENZER

BY SEAMUS MULLEN

CAULIFLOWER

ENJOY THESE FIVE PALEO RECIPES TO ADD FLAVOUR AND NUTRIENTS TO ANY DIET.



1 Cook couscous

Pulse cauliflower head in a food processor to form couscous. Heat 2 tbsp olive oil over medium heat in a pan. Sauté cauliflower with pine nuts, raisins and 1 clove minced garlic. Reduce heat for 2 minutes. Finish with chopped basil.

2 Grill a "steak"

Heat grill to high. Cut 2 "steaks" from centre of large cauliflower head. Add spices and drizzle with coconut oil. Grill steaks on both sides and reduce heat for 3–4 minutes. Drizzle with lime juice, minced jalapeño and coriander.

3 Stir up a soup

Cut cauliflower head into 2.5cm chunks. In a large pot, heat 2 tbsp coconut oil and sauté cauliflower with garlic and 1 minced shallot for 3 minutes. Add 1 can coconut milk and 1 drizzle rice vinegar and cook 5 minutes. Blend until creamy in a blender. Serve.

4 Bake a casserole

Preheat oven to 220°C. Cut cauliflower head into florets. Toss in a bowl with 1 cup diced bacon, 1 sliced shallot, 1 minced garlic clove and 2 tbsp olive oil. Season with spices, put in a baking tray, top with 1 cup chopped almonds and bake for 30 minutes.

5 Roast the whole head

Preheat oven to 175°C. Trim stalk of cauliflower head. Rub with 2 cloves minced garlic and 4 tbsp olive oil. Season with spices, lemon zest, red pepper flakes and sesame seeds. Bake 30 minutes, raise to 220°C and roast another 7–10 minutes.

ONE CUP OF CAULIFLOWER HAS 3g FIBRE, 303mg POTASSIUM AND IS A GOOD SOURCE OF VITAMIN K

NOEL BARNHURST/STOCKFOOD

THIN AGAIN

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If you thought losing weight was hard, think again...

ORGANIC GARCINIA COMPLEX

Organic herbs and herbal extracts to help you be the ultimate winner by making you the biggest loser.





All natural • NO stimulants • NO caffeine • NO rubbish or unwanted fillers

Makes you feel good, supports the body and works without compromise

www.edenhealthfoods.com.au

BY STEVEN STIEFEL



ZINC

THE BEST WHOLE-FOOD SOURCES OF THIS IMPORTANT BODYBULIDING MINERAL.

Bodybuilders and other athletes have a greater need for minerals than people who don't train. Two reasons for that: 1) minerals are crucial for supporting recovery and improving health for those who tax their systems with intense training; and 2) minerals are readily lost through sweat, so bodybuilders need to emphasise replacing them to avoid deficits.

Zinc is crucial for helping to heal wounds and boost immunity, and it also supports a healthy blood supply. In other words, it's a mineral bodybuilders should emphasise through diet and supplementation. Zinc also supports sleep quality and recovery after hard workouts, and it improves your body's ability to use calories you've consumed for fuel rather than shuttling them to storage as fat.

Bodybuilders should get in at least 30 milligrams of zinc daily. You can take zinc as a stand-alone or as a part of ZMA or your multivitamin. When you supplement ZMA, remember to take it on an empty stomach, preferably before you hit the sack. When you want to increase your zinc intake through food, the chart below features some of the best sources.

AIM TO GET IN AT LEAST 30 MILLIGRAMS OF ZINC PER DAY FROM FOOD AND SUPPS.

OYSTERS	BEEF (RIB EYE)	LAMB SHANK	CRAB LEG
6 medium raw	225g	225g	225g
CALORIES	CALORIES	CALORIES	CALORIES
43	420	551	220
ZINC CONTENT (MG)	ZINC CONTENT (MG)	ZINC CONTENT (MG)	ZINC CONTENT (MG)
33	25	17.5	17.2

DOUBLE DUTY

Citrus helps you get lean and boosts circulation

Consuming citrus fruit supplies you with many nutrients, but you may not know all the benefits that come with these rich sources of vitamins and minerals. Two recent studies indicate that consuming citrus promotes health and improves bodybuilding gains.

A study in *The American Journal of Clinical Nutrition* concluded that consuming grapefruit flavanones improves arterial health. Yeah, that's great for old ladies, but it's also important for bodybuilders. When these vessels are more elastic it means that blood and nutrients can reach your working muscles more quickly. This is comparable to studies showing benefits for amino acids – arginine and citrulline – demonstrated by research to improve blood flow.

Another study in the *International Journal of Food Sciences and Nutrition* showed that consuming extracts from a blend of citrus fruit helped men reduce abdominal body fat while preventing muscle catabolism. Translating these results to bodybuilders indicates that polyphenols from citrus may support fat loss while helping to prevent muscle breakdown. While bodybuilders should supplement with grapefruit flavanones and other fruit extracts, one of the best ways to take advantage of these benefits is to consume a piece of citrus with your meals. Good choices include grapefruit, oranges and tangerines. Also use lemons and limes for flavour, including pulp, juice and even rinds.

GETTYIMAGES.COM

GO FIG

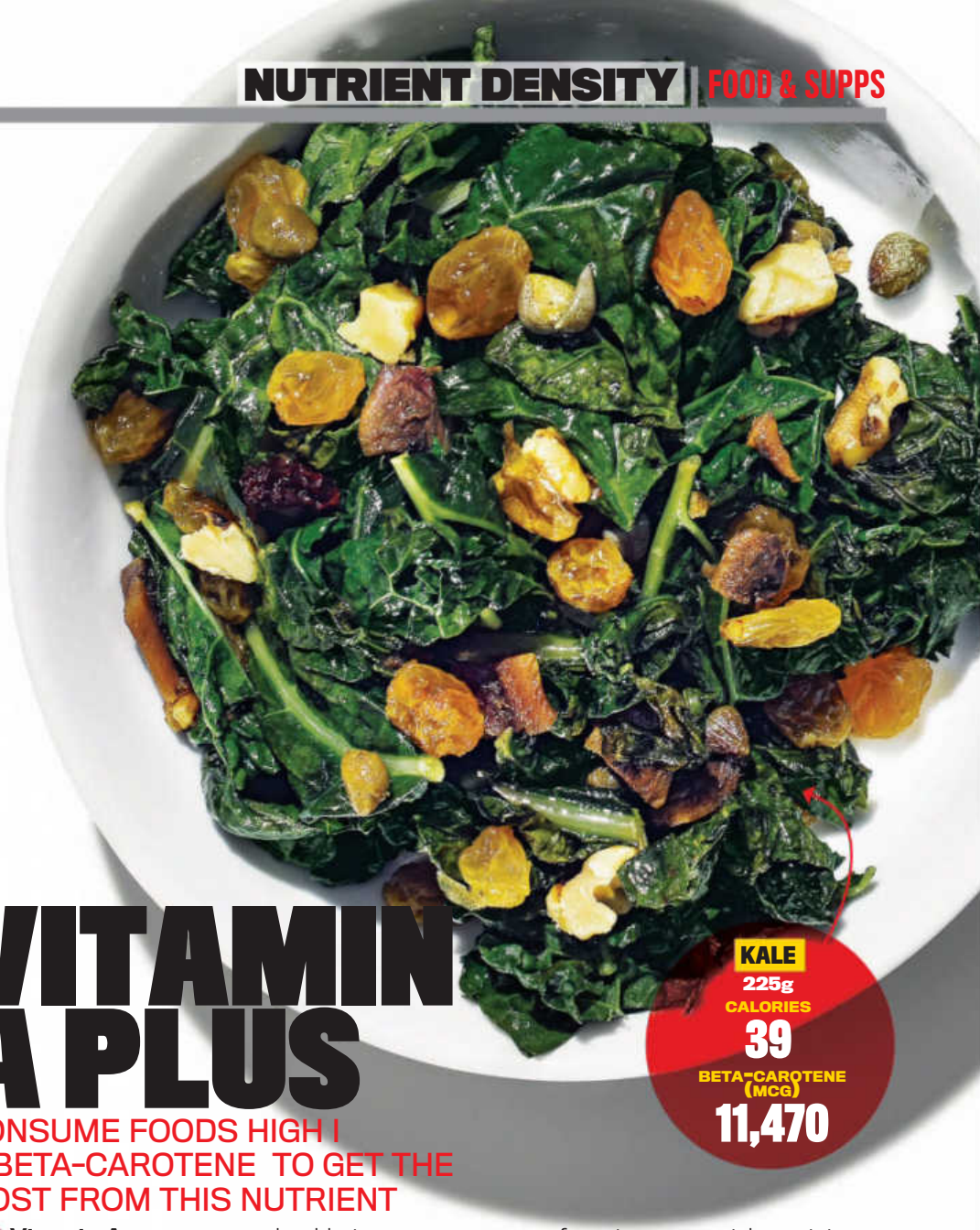
Satisfy your sweet tooth and boost your fibre count

■ **Figs can be** a solid addition to a bodybuilder's diet because they're somewhat sweet and high in fibre. In other words, figs don't cause a large spike in insulin, and they help you succeed on a relatively low-carb nutrition program.

One dose of a fibre supp such as Metamucil has about 3 grams of fibre per serving. But you can get in about 2 grams of fibre with every large fig you consume. Each of these figs also comes with about 47 calories and a half-gram of protein. When calories are not your main concern, figs can help process other macros and reduce insulin impact. Consume a fig or two with meals when you want to slow absorption. But it's best to avoid figs before and after workouts: this is the time of day when you seek fast absorption and an insulin spike to support muscle building and recovery.



TRAVIS RATHBONE; GETTYIMAGES.COM



VITAMIN A PLUS

CONSUME FOODS HIGH I N BETA-CAROTENE TO GET THE MOST FROM THIS NUTRIENT

KALE
225g
CALORIES
39
BETA-CAROTENE (MCG)
11,470

Vitamin A supports eye health, improves recovery from intense weight-training workouts, increases energy and boosts immunity. The downside is that too much supplemental vitamin A can be toxic because it's fat soluble and accumulates in your liver. Harmful side effects include liver abnormalities, central nervous system disorders and decreased bone density.

To avoid these problems, many bodybuilders opt to supplement beta-carotene, either as a stand-alone or as part of their multivitamin. Both options are better than supplementing vitamin A because your body won't convert beta-carotene to vitamin A beyond the level it needs.

Below is a list of the best whole-food sources of beta-carotene. Remember that you don't have to worry about overconsuming beta-carotene. Your body will simply excrete the excess.

SWEET POTATO	PUMPKIN (CANNED)	BUTTERNUT SQUASH	SILVER-BEET	SPINACH	CARROTS
225g	225g	225g	225g	225g	225g
CALORIES 249	CALORIES 83	CALORIES 82	CALORIES 61	CALORIES 41	CALORIES 54
BETA-CAROTENE (MCG) 30,976	BETA-CAROTENE (MCG) 17,003	BETA-CAROTENE (MCG) 9,368	BETA-CAROTENE (MCG) 11,591	BETA-CAROTENE (MCG) 10,975	BETA-CAROTENE (MCG) 11,971

BY STEVEN STIEFEL

WHITE VS. DARK MEAT

WHICH TYPE OF CHICKEN IS BEST FOR BODYBUILDERS?

Chicken breast is the primary whole-food protein source for many bodybuilders. This makes sense because it's low in calories and high in protein. However, should a dieting bodybuilder gravitate toward dark meat or white meat? And does either help or hinder the ability of younger men seeking to add quality mass?

WINNER QUALITY CUTS

Are you trying to cut calories or carbs? Neither white nor dark meat contains any carbs. When you're dieting you need saturated fats to improve satiety and support hormone production. We've been beating the drum, encouraging bodybuilders to emphasise saturated fats for boosting hormones such as testosterone while also suggesting that they supplement omega-3s because they're vastly underrepresented in Australian and even bodybuilding diets. Therefore, bodybuilders should focus on quality cuts of organic chicken rather than worrying about white or dark meat. Hard-gainers and those seeking to add mass can also consume the skin, which is almost all fat, if they're partial to it.



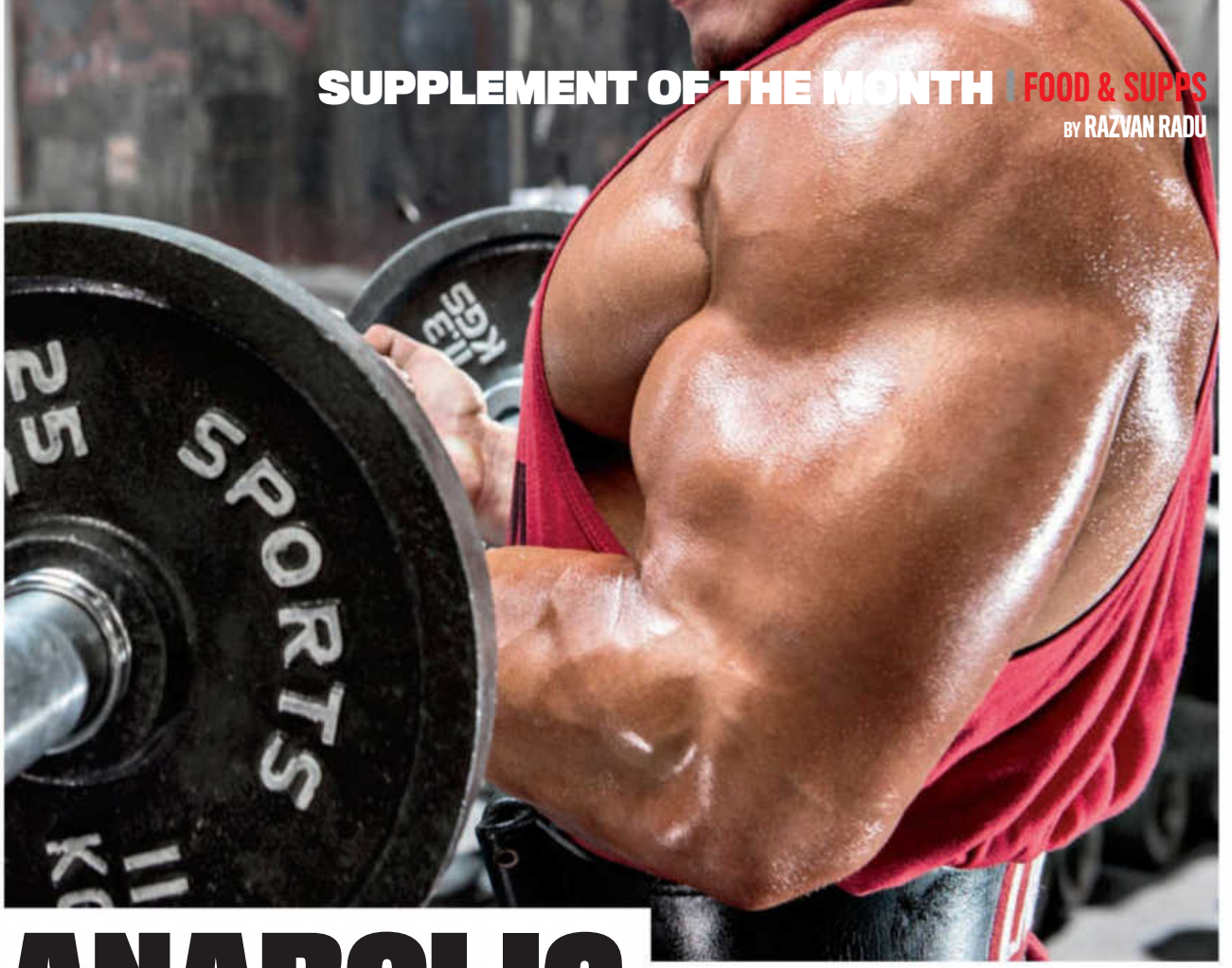
The Australian Government prohibits the use of added hormones in the production of poultry. So when you see "no hormones added" or "raised without hormones" on poultry packaging, it's essentially an empty marketing term.

GETTYIMAGES.COM

CHICKEN LEG AND THIGH (SKINLESS) 340G		
CALORIES	PROTEIN (G)	FATS (G)
430	57	21

CHICKEN BREAST (SKINLESS) 340G		
CALORIES	PROTEIN (G)	FATS (G)
347	65	5

BY RAZVAN RADU



ANABOLIC AMINOS

KEEP YOUR BODY ANABOLIC TO PACK ON MASS AND HIT THE GYM EVEN HARDER THE NEXT DAY

There are two muscle-related states that our bodies can be in: catabolic and anabolic. Anabolic means the body is in a muscle-building state and catabolic means the opposite, when the body tends to break down muscle tissue. The best thing we can do to speed up recovery is to keep our anabolic switches turned on throughout the day so we can stay away from muscle breakdown.

One way to do this is through BCAA supplementation. A constant stream of leucine-rich amino acids allows you to provide your muscles with their essential building blocks, resulting in increased muscle protein synthesis, reduced breakdown of muscle tissue and a greater workout intensity.

Combining BCAAs with antioxidants, anti-inflammatory agents and other amino acids speeds up recovery to an even greater extent. Listed here are several supps to further benefit your recovery process.



PER BERNAL; COURTESY OF MANUFACTURER

ALL IN ONE

■ **Isopure Aminos** contains everything you need to be on the right path for recovery. The 10-calorie amino acid supplement combines 5g of BCAAs with 700mg of tart cherry extract, 100mg of L-theanine and vitamin C to provide you with recovery from head to toe.

HEAD-TO-TOE RECOVERY

TART CHERRY EXTRACT
Tart cherry is a relatively new supplement to the industry that really packs a punch. It has been shown to act as an anti-inflammatory agent, reducing stress posed on muscles during workouts. Along with reducing muscle soreness, tart cherry also provides support for healthy joints and a proper sleeping pattern.

L-THEANINE
The tea-derived amino acid helps relax your mind from the pile-up of daily stress by taking some ease off the cardiovascular system. This is key in achieving a fully recovered nervous system to get your body full-firing before your next workout.

VITAMIN C
Vitamin C plays an important role in growth and development. It's used to rebuild bodily tissue and get rid of free radicals. Maintaining a constant supply of vitamin C will allow you to keep unnecessary waste out while recovering quickly.

BY CARLO FILIPPONE

PAN-SEARED SALMON

WITH FINGERLING POTATOES
SERVES 1



INGREDIENTS

- 1 tbsp macadamia nut oil
- 225g salmon fillet (skinned)
- ½ cup fingerling potatoes, diced
- ¼ cup diced red capsicum,
- ¼ cup diced green capsicum
- ¼ cup Spanish onion, diced
- ¼ cup asparagus, diced
- 1 tsp thyme
- ½ tsp minced garlic

DIRECTIONS

Preheat oven to 190°F. Add macadamia nut oil to a sauté pan. With low flame, heat for 30 seconds and add salmon. Cook for 30 seconds and turn to the opposite side. Add remaining ingredients, except for the garlic. Remove salmon and place in the oven for 20 minutes. Cook vegetables until tender, stir often for about 10–12 minutes. When cooked, add minced garlic. Stir again, place in a serving dish, and top with the salmon fillet.

THE MACROS

In an 85gserving

CALORIES
374

PROTEIN
13G

FAT
11G

CARBS
9G

ABOUT THE CHEF A three-time bodybuilding champ, Carlo Filippone is the CEO of Elite Lifestyle Cuisine.

BRIAN KLUTCH; FOOD STYLIST: SUZANNE LENZER


SAFCOL
Try new Safcol
Ready to eat meals.
✓High protein superfoods
✓Omega oils
✓Vitamins and minerals
✓Delicious
Guy Leech
Australia's
Number 1
fitness Guy
Introducing NEW
Ready-to-Eat Healthy Snacks
NEW
SAFCOL
ANCIENT GRAINS Tuna Meal
SWEET ONION & TOMATO
TUSCAN TOMATO & GARLIC
THAI SWEET CHILLI
Ready to Eat
SAFCOL
SALMON Ready Meal
SWEET ONION & TOMATO
SPANISH PAELLA STYLE
ITALIAN HERB & TOMATO
NEW SALMON Ready Meal
with delicious Wild
Alaskan Pink Salmon
READY TO EAT • HEALTHY & NUTRITIOUS • HIGH IN PROTEIN & OMEGA • DELICIOUS FLAVOURS

LOU FERRIGNO'S MASS CLASS

THE BODYBUILDING LEGEND SHARES HIS 30 BEST TRAINING TIPS FOR GAINING INCREDIBLY HULKING SIZE

BY GREG MERRITT PHOTOS COURTESY OF WEIDER HEALTH & FITNESS

Before and after he was the Hulk, Lou Ferrigno was bodybuilding's ultimate behemoth. When Arnold Schwarzenegger was winning Olympias at 235 (106.5kg), Lou was 275 (125kg). And when Dorian Yates was collecting Sandows at 265 (120kg), Lou was 315 (143kg). In fact, the future not-so-jolly green giant first broke the 300-pound barrier in the off-season at the age of 20 – an unprecedented muscular body weight in the early '70s. At 196cm, he towered over competitors, but whereas most tall bodybuilders have trouble filling out, Ferrigno carried his mass proportionately with pleasing symmetry. He's the best over-188cm bodybuilder of all time, and if he hadn't spent 17 years off posing stages, he may have collected a mantel full of Sandows. In celebration of what was and what could've been, Lou serves up his 30 best tips for hulking mass.



His grip may look ultra-wide, but it's not to a super-tall Hulk.

MIKE NEVEUX/COURTESY OF WEIDER HEALTH AND FITNESS

1

PRESSING GRIP

"On chest-pressing movements, I see a lot of bodybuilders use an excessively wide grip. My grip for all my chest presses is only slightly wider than shoulder width. That gives me both a better stretch at the bottom and tighter contraction at the top."

2

BASIC TRAINING

"Focus first on the exercises that work the largest muscles and several muscles together. Get stronger on these basic lifts, and you'll grow. You could get a tremendous full-body workout with just squats, bench presses, and barbell rows."



At 43 in '94.

3 DUMBBELL PULLOVER

"The dumbbell pullover is excellent for tying the chest and back together, hitting the serratus and stretching the rib cage. I like higher reps on pullovers: 10 to 15 per set and sometimes as many as 20."

4 BIG DREAMS

"Everyone remembers that scene in *Pumping Iron* when I'm doing shoulder presses and shouting, 'Arnold!' over and over. I used Arnold to motivate my workouts. Coming up I looked up to people like Steve Reeves, Larry Scott and Sergio Oliva, and I read a lot of comic books: *Superman, Batman* and, of course, the *Fantastic Four*, with the Hulk. From an early age, I wanted to be as big and powerful as the Hulk. Those are the kinds of images that drive you through your hardest workouts."

5 CONTROLLING FATIGUE

"You can't let yourself get too fatigued from a single beyond-failure set – at least not near the start of your workout. If you do, your strength level will be too low for you to do justice to the rest of the workout."

6 PRE-WORKOUT PLAN

"I spend time at home before my workout thinking about what I have to train, the exercises, how I want to feel as I train, etc. I try to erase all negative thoughts from my mind. Then I go to the gym and put 100% percent into my workout."

7 BENCH PRESS

"Do benches in at least every other chest workout. They're the single best exercise for pecs, and they're great for shoulders and triceps."

8 AB ROUTINE

"Abs are not just for little guys. Even at 6'5", my abs were always among the best in any contest I entered. It's no wonder, since I gave them a lot of work. This is my giant set ab workout. I did all four exercises without resting. Then I rested for two to three minutes and did the next giant set. I repeated that one or two more times."

EXERCISE	SETS	REPS
Hanging leg raise	3–4	15–20
Roman chair sit-up	3–4	50
Bench leg raise	3–4	30–40
Crunch side bend	3–4	30–40

RALPH DEHAAN

9

ARM WORKOUTS

"I prefer to work biceps with triceps, rather than hitting them on separate days. I usually start with biceps and finish with triceps, but sometimes I superset bis and tris."



Hulk hungry!

10 UPRIGHT ROWS
"I feel like the best exercise for my traps is the upright row. I sometimes do barbell upright rows, but I prefer to do these with a cable, because I feel a stronger squeeze at the top. With upright rows, it's essential to get your elbows as high as possible."

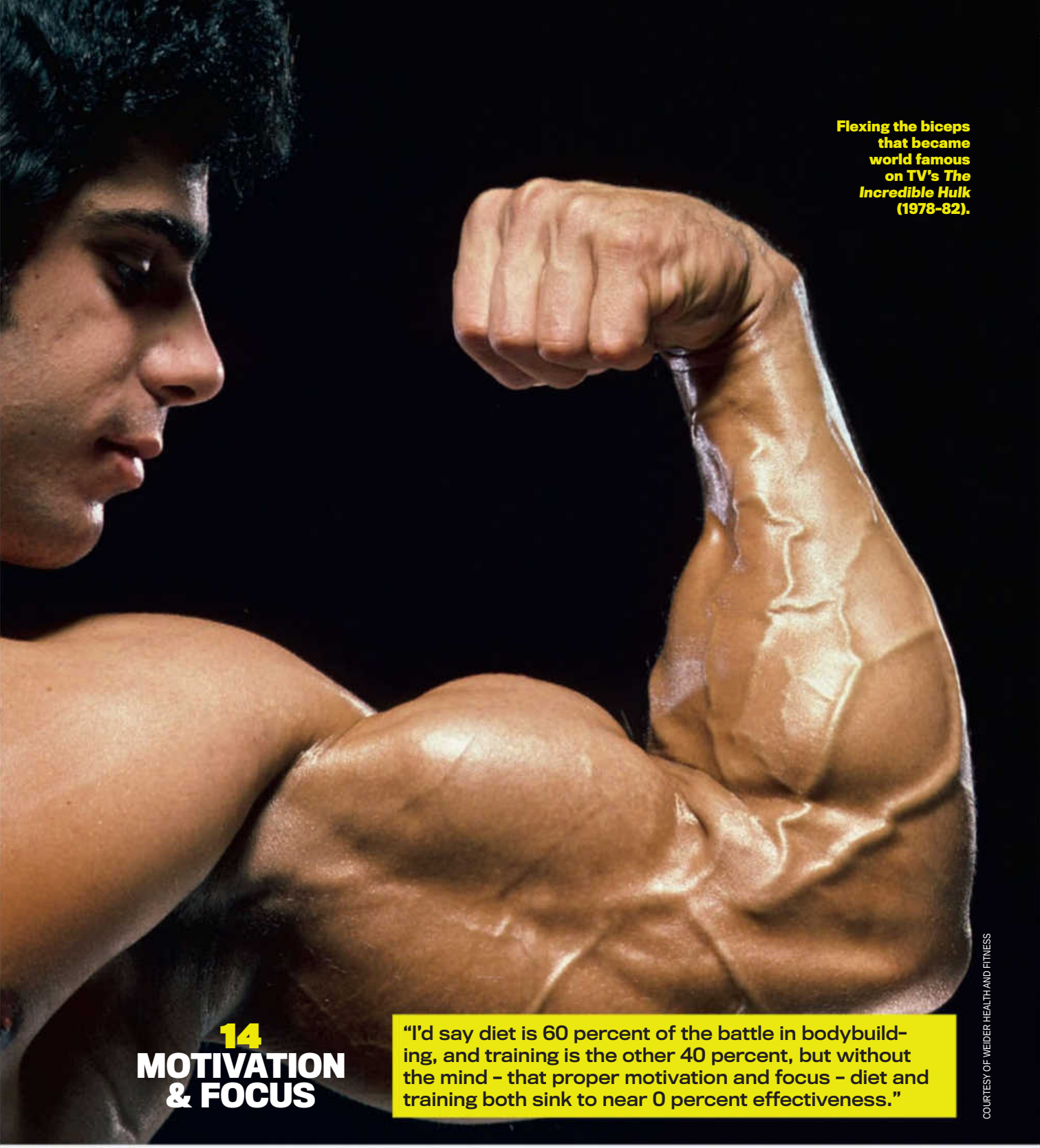
11 VARIETY
"I never use the same training program twice. I constantly play with exercise selection, the order of exercises, the body angle with which each exercise is done, poundages, sets, reps, pace, everything. That way, my muscles are unable to adapt to a specific routine."

12 HEAVY WEIGHTS
"I get size without going super heavy. Really heavy weights almost always lead to some form of injury. This is especially true on chest and shoulder presses, because there's a tremendous temptation to bounce the weight to cheat up a few more pounds."

13 BENEFITS

"Whenever I don't feel like doing another workout or eating another chicken breast, I only have to remind myself of the benefits of this lifestyle. I owe everything to bodybuilding. The training I did to build my physique taught me how to work toward a goal with great intensity and total dedication. Bodybuilding has also taught me to be persistent, to be self-reliant, and to look at myself objectively. And most important, bodybuilding dramatically improved my self-image, allowing me first to achieve average confidence after years as a shrinking violet, and later to assert myself as a bodybuilder, actor, and public personality."

RALPH DEHAAN



Flexing the biceps that became world famous on TV's *The Incredible Hulk* (1978–82).

COURTESY OF WEIDER HEALTH AND FITNESS

14 MOTIVATION & FOCUS

"I'd say diet is 60 percent of the battle in bodybuilding, and training is the other 40 percent, but without the mind – that proper motivation and focus – diet and training both sink to near 0 percent effectiveness."

17 YEARS

Ferrigno's last contest before going green on TV occurred the day before he turned 24. Sub-200-pound (91kg) bodybuilders won seven of the next eight Olympias. When Lou made his comeback, he was 41. His best years were spent on TV and movie sets, and his 17-year posing hiatus left a huge hole in bodybuilding history. How many Sandows could he have won had he competed in his prime?

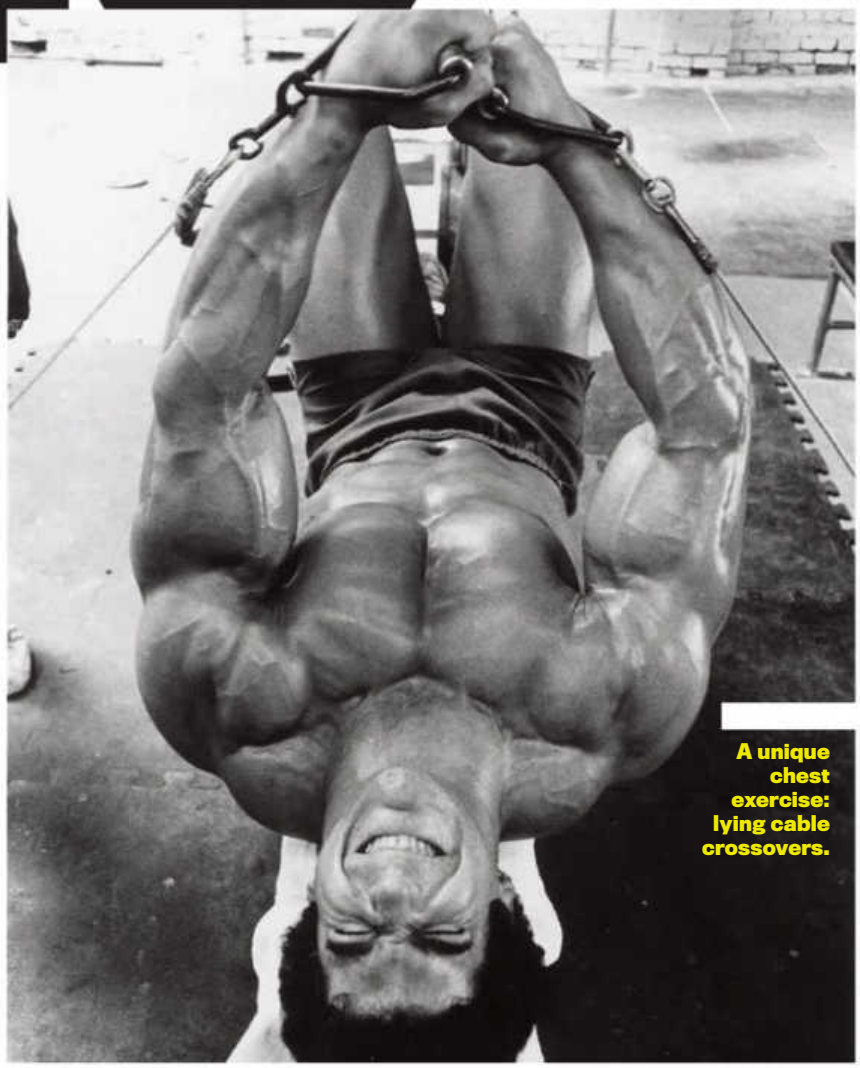
1973
Mr America
1st Place
AGE 21

1973
Mr Universe
1st Place
AGE 21

1974
Mr International
1st Place
AGE 22

15 FORCED REPS

"I do a lot of forced reps. I reach failure or near failure, and then my partner removes just enough stress for me to get two to three more forced reps."



A unique chest exercise: lying cable crossovers.

COURTESY OF WEIDER HEALTH AND FITNESS; INSET: RALPH DEHAAN

16 SHOULDER ROUTINE



"My shoulders were built mostly with overhead presses. I do both behind-the-neck barbell presses and front presses, either with a machine or a barbell, in most every workout, five sets of each. That's 10 sets of overhead presses before I get to the laterals and front raises."

EXERCISE	SETS	REPS
Behind-the-neck press	5	10–12
Front press	5	10–12
Dumbbell side lateral	5	10–12
Dumbbell rear lateral	5	10–12
Dumbbell front raise	5	10–12

17 ISO-TENSION "Prior to a contest, I tense my muscles a lot between sets, and I also practice posing at home. Joe Weider taught me how to use iso-tension to bring out more details in the muscles."

18 FRONT RAISES "I feel like I get more out of alternate dumbbell front raises if I raise the dumbbell either up the centre line of my body or slightly across the centre line."

1974
Mr International
1st Place
AGE 22

1974
Mr Olympia (HWT)
2nd Place
AGE 22

1975
Mr Olympia (HWT)
3rd Place
AGE 23

1992
Mr Olympia
12th Place
AGE 41

1993
Mr Olympia
10th Place
AGE 42

1994
Masters Mr Olympia
2nd Place
AGE 43

19 QUAD EXERCISES

"My favourite exercises for quads are leg extensions, hack squats and front squats, keeping the reps in the 10-to-15 range. There were times when I went heavy for lower reps. However, I've always made my best leg gains with moderate reps."

20 FOREARM ROUTINE

"I wasn't one of those lucky guys whose forearms grew just from holding weights. I worked very hard for my forearm development, training them three times per week. I mostly stuck to barbell wrist curls and reverse curls, but I sometimes did barbell reverse curls, too."

EXERCISE	SETS	REPS
Wrist curl	5	15–25
Reverse wrist curl	5	15–25

21 CABLE SIDE LATERALS

"Occasionally, I do my side laterals with a cable. These allow me to raise the handles well above shoulder level and maintain tension, so I get a longer range of motion."



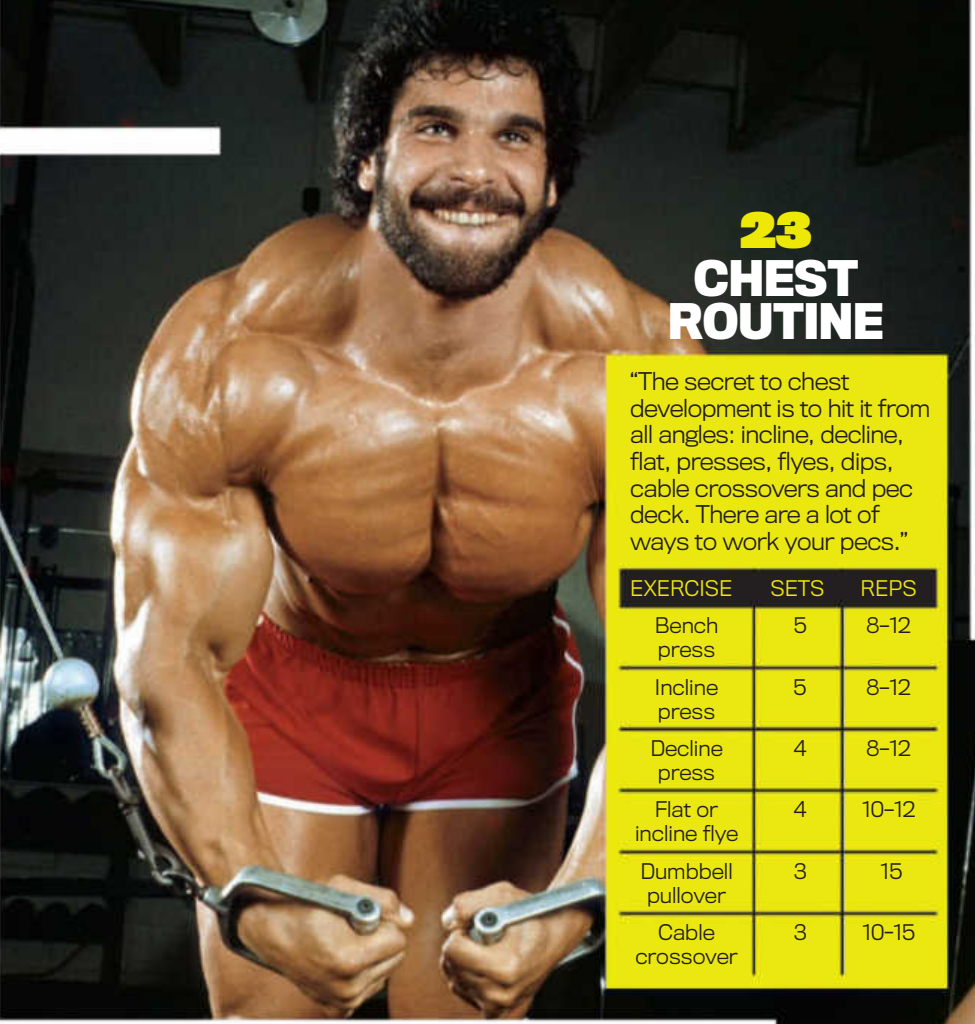
Hulk-era Lou strikes a classic pose on a Southern California beach.

BAUK/COURTESY OF WEIDER HEALTH AND FITNESS

22

MEASURING PROGRESS

"For the first few years, I was weighing myself and measuring my arms and chest. It was inspiring to see those numbers getting bigger. But eventually the mirror became a much more useful tool than the scales or the tape measure. The mirror, photos and objective observers will tell you that you're gaining muscle and losing fat in the right places."



23 CHEST ROUTINE

"The secret to chest development is to hit it from all angles: incline, decline, flat, presses, flyes, dips, cable crossovers and pec deck. There are a lot of ways to work your pecs."

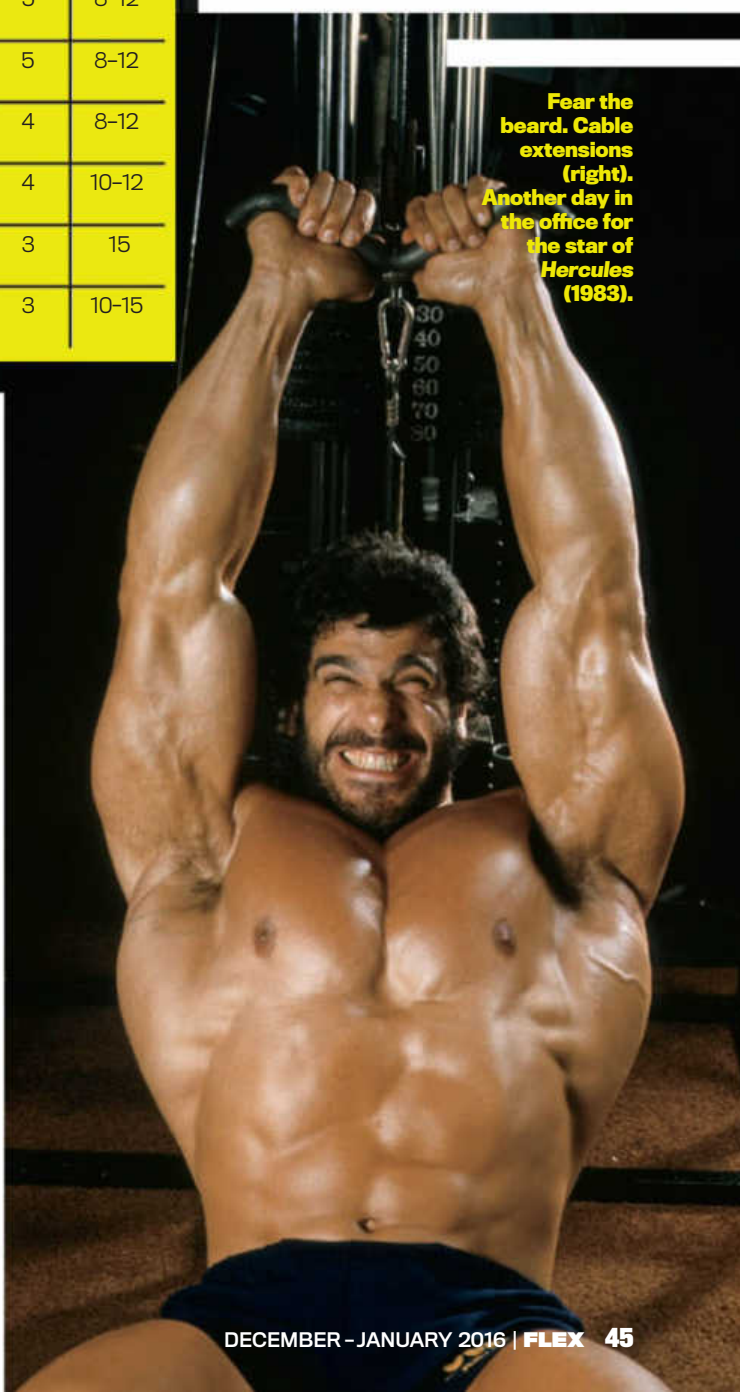
EXERCISE	SETS	REPS
Bench press	5	8–12
Incline press	5	8–12
Decline press	4	8–12
Flat or incline flye	4	10–12
Dumbbell pullover	3	15
Cable crossover	3	10–15

24 CALF WORKOUTS

"I like to devote one calf workout to the soleus muscle with seated calf raises (10 to 12 sets of six to 10 reps) and the next calf workout to the gastrocnemius with standing calf raises (10 to 12 sets of 15 to 20 reps)."

25 RECUPERATION

"Recuperation is the forgotten component of muscle building. Try to get at least eight hours of quality sleep each night, and try to find ways to relax both your body and your mind outside of the gym."



Fear the beard. Cable extensions (right). Another day in the office for the star of *Hercules* (1983).

26 LOCKING OUT

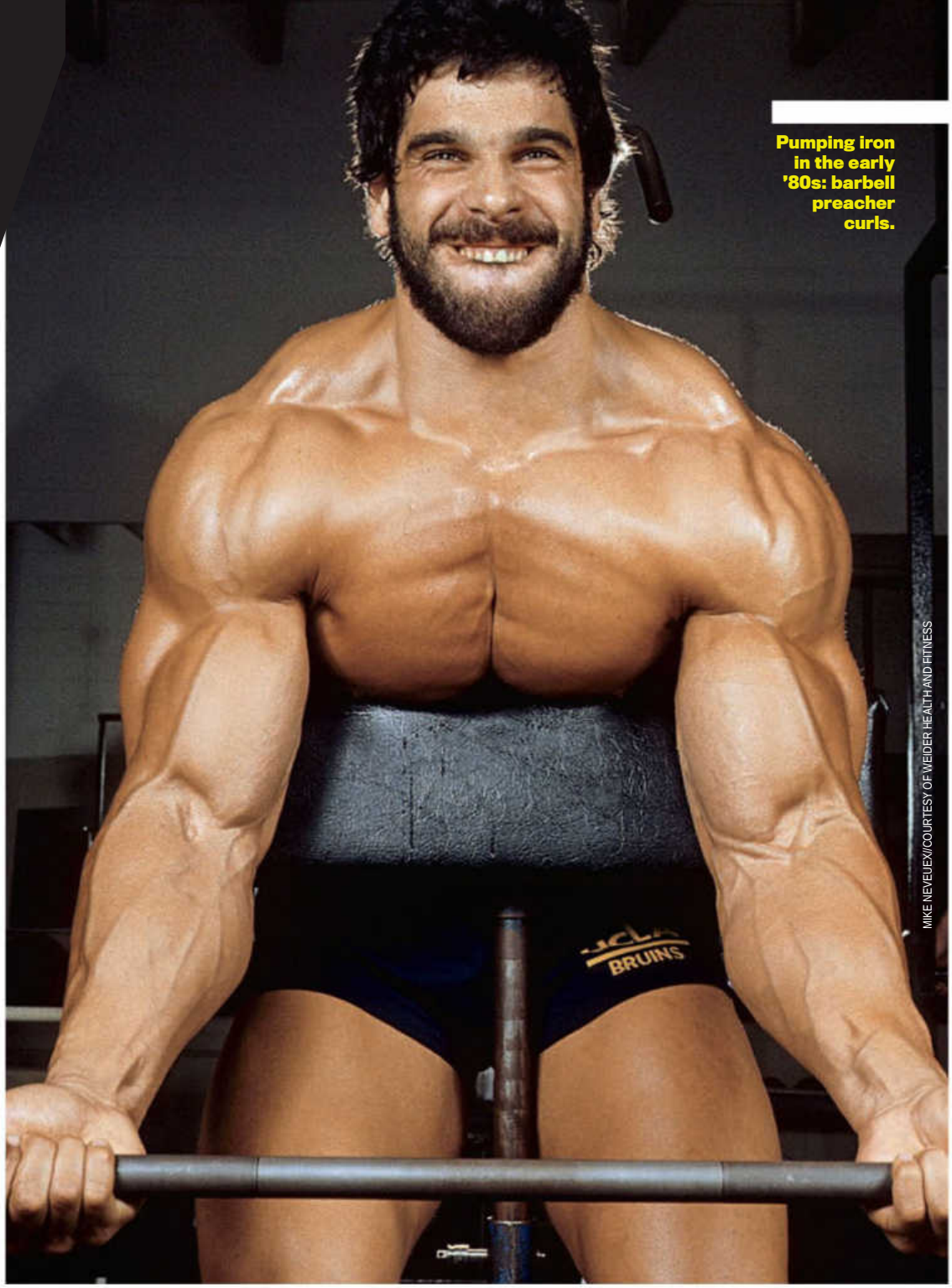
"On exercises like chest and shoulder presses, squats and leg presses, when you lock out and fully straighten your elbow or knee joint it's a resting point. There's very little stress then. This is why I usually like to stop my reps a little short of lockout. But this can change near the end of a set when I might need those little rests to keep going."

MIKE NEVEUX/COURTESY OF WEIDER HEALTH AND FITNESS

27

NEGATIVE POSITIVES

"Keep your muscle flexed on the negative portion of the movement, and never let gravity do the work for you. If you're working both parts of the movement, positive and negative, you get twice the workout."



Pumping iron in the early '80s: barbell preacher curls.

MIKE NEVEUX/COURTESY OF WEIDER HEALTH AND FITNESS

28 PARTNER

"At various times, I trained with other pro bodybuilders. If I train with a partner, I want that person to be as strong as I am and go with the same intensity I do. I need someone to push me on every set. A partner isn't just there for someone to talk to; that would only hurt my workout. A partner is there to drive me to use more weight and get more reps."

29 INSTINCTIVE TRAINING

"To grow consistently, you need a willingness to learn from experience. Monitor what works best, what works less well, and what doesn't work at all. Then be willing to change. Sometimes a favourite exercise isn't that effective. And sometimes the exercise you hate doing is exactly the one you need to do every time, because it works."

30 BACK FOCUS

"When hitting back, think of your hands and arms as merely tools between your back and the weight. Bring your elbows down and/or backwards with back flexion. Think of a tug-of-war competition. In a tug-of-war, pulling with your arms will exhaust you quickly because you'll fail to maximise power. You have to pull with your back. Forget your arms." **FLEX**

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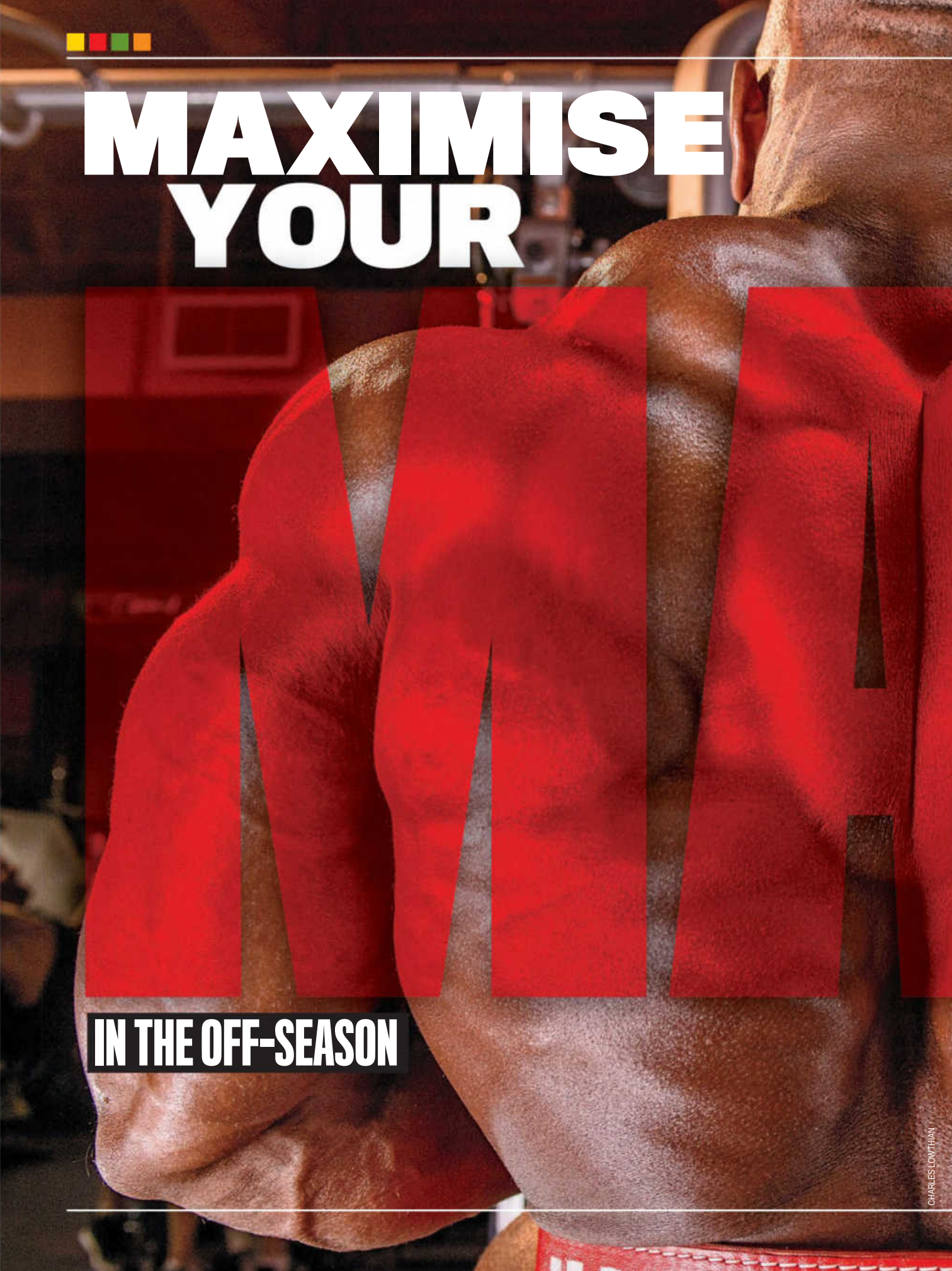
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MAXIMISE YOUR



IN THE OFF-SEASON

CHARLES LOWTHIAN



STRENGTH AND NUTRITION EXPERTS BREAK DOWN WHAT YOU NEED TO DO IN THE GYM TO...

ICS

BY MATT CHRISTENSEN



01 BEEF UP THE VARIETY

Packing on slabs of muscle mass is all about heavy weights and low reps, right? Not so fast. That lifting scheme is part of the equation, but not the sum of the whole. "Your workouts should include a variety of rep ranges and loads when you're trying to build muscle fast," says elite strength coach Jim Smith.

He recommends pairing heavy lifts with low reps for your primary exercise (8 sets x 3 reps with 85%+ of 1RM), followed by higher-volume accessory lifts (4–5 sets x 15–20 reps with 70–85% of 1RM). The angle in which you exhaust the muscle should also be a focal point. For example, substitute sumo deadlifts for traditional deadlifts, or wide- or close-grip bench presses instead of the standard grip.

In regards to time frame, according to Smith, "properly structured periodised programs typically run eight to 12 weeks, with low-intensity days built in to ensure that you can continue to train at a higher intensity throughout the program."

PER BERNAL







USE A VARIETY OF EXERCISES, REP SCHEMES AND LOADS TO KEEP BUILDING MUSCLE AT OPTIMAL LEVELS.

CHEST

Techniques used: supersets, powerbuilding, variety of exercises, tempo changes, compound exercises, continuous tension set, increased time under tension, variety of "tools" used

1. BENCH PRESS
Sets: 5 Reps: 3–5
Rest: 90–120 sec (heavy/low reps, compound exercise)

2A. DUMBBELL BENCH PRESS
Sets: 5 Reps: 15–20
Rest: None (continuous tension)

2B. PUSH-UP (WITH 3- TO 5-SECOND SLOW ECCENTRICS)
Sets: 5 Reps: 10
Rest: 90–120 sec (increased TUT)

BACK

Techniques used: giant sets, powerbuilding, variety of exercises, tempo changes, compound exercises, continuous tension set, increased time under tension, variety of "tools" used

1A. PULL-UPS (WITH ADDED WEIGHT)
Sets: 4–5 Reps: 5–8
Rest: None (heavy/low reps, compound exercise)

1B. LAT PULLDOWN
Sets: 4–5 Reps: 15–20
Rest: None (moderate weight/high reps)

1C. CABLE FACE-PULL (WITH 3- TO 5-SECOND SLOW ECCENTRICS)
Sets: 4–5 Reps: 10–15
Rest: 90–120 sec (increased TUT)

LEGS

Techniques used: supersets and giant sets, powerbuilding, variety of exercises, tempo changes, compound exercises, continuous tension set, increased time under tension, variety of "tools" used

1. BARBELL SQUAT
Sets: 8 Reps: 3
Rest: 90–120 sec

2A. LEG EXTENSION (WITH 3- TO 5-SECOND SLOW ECCENTRICS)
Sets: 4–5 Reps: 15–20
Rest: None

2B. LEG CURL (WITH 3- TO 5-SECOND SLOW ECCENTRICS)
Sets: 4–5 Reps: 15–20
Rest: None

2C. BODY-WEIGHT SQUAT
Sets: 4–5 Reps: 20
Rest: 90–120 sec



02 INCREASE METABOLIC STRESS THROUGH GREATER TUT (TIME UNDER TENSION)

The lift features three phases: eccentric, isometric and concentric. Increasing TUT will exhaust the muscle and enable growth and plateau busting. "If you perform eight reps, with each rep taking four seconds, your total set will take 32 seconds," Smith says. "The most effective way to increase microtrauma to working muscles is to focus on the eccentric phase. Increasing lowering time by even one more second will increase the total TUT for the entire set."

Smith stresses the importance of tempo when performing higher-volume rep schemes. "Always try to make the eccentric phase longer than the concentric phase," he says. "Tempo is written with the eccentric phase first, then amortisation, and finally, the concentric phase."

EXERCISE BENCH PRESS

Tempo: 3-1-1

Eccentric phase: lower weight to chest in a slow and controlled manner for 3 seconds.

Isometric phase: pause weight on chest for 1 second.

Concentric phase: drive phase to lockout in 1 second. But when performing heavier weights for low reps, focus on accelerating the eccentric (lowering) phase of the lift.

EXERCISE BARBELL SQUAT

Tempo: 1-0-1

Eccentric phase: lower down into the bottom of the squat in 1 second.

Isometric phase: do not pause the weight; use the stretch reflex at bottom of squat to reverse the movement and start to drive to lockout – 0 seconds.

Concentric phase: drive phase to lockout in 1 second.

03 CONTINUOUS TENSION SETS vs. HEAVY COMPOUND SETS

"Continuous tension sets are a technique that involves keeping the tension on the working muscle groups by never resting the weight at lockout or midway through the repetition," Smith says. Translation: they up your time under tension. "The idea is that if you relax at lockout or the bottom range of the lift, the muscle comes off tension and you lose intensity of the muscular contraction." According to Smith, continuous tension sets work well for supplemental lifts in which you're not lifting a maximal amount of weight with a heavy compound exercise. As a coaching cue, Smith also advises thinking of a max effort set into three single reps, rather than a set of three. By not locking out the weight for the higher-volume sets, you can keep continuous tension on the target muscle groups.

04 REVAMP YOUR RECOVERY

"Strength training makes you weaker," Smith clarifies. "It breaks your body down. Greater muscle mass comes from your body's recovery from the actual training."

So your ability to peak with every workout is directly related to how well you recover between training sessions. After your last rep, shift your focus to recovery using at least one of the techniques listed below. Pair it with proper nutrition and supps to get the best results.

- Static stretching
- Deep breathing
- Sleep
- Hydration
- Low-intensity workouts
- Sled dragging
- Cardio
- Epsom salt baths
- Contrast showers
- Sauna

PER BERNAL



WARMING UP PROPERLY PREPS MUSCLES FOR THE WORK SETS TO FOLLOW.

05 RETHINK YOUR WARM-UP

How's your flexibility? If the answer is "I'm too tight to answer," the off-season is the time to work on it. Elite bodybuilders, according to Smith, have impressive lower-body flexibility because they spend a great deal of time post-workout stretching their legs and hips. Not stretching enough will prevent you from having optimal technique and put your joints in a bad position when you're training.

Smith suggests a warm-up routine that includes three elements: self-myofascial release (to massage away restrictions to normal soft-tissue extensibility), dynamic mobility drills (to improve range of motion) and activation exercises (to target the muscle groups you'll be working). "Most lifters are very tight in the ankles, hips, upper back, chest and shoulders," says Smith. "When pressed for time, incorporate mobility and stretching right into your program, during your work sets, to help improve your technique, and work on your specifically 'tight' areas."

WARM-UP EXAMPLE

Take a look at how a solid stretch program incorporated into your workout might look on paper

LEGS

Barbell squat: 8 sets x 3 reps; rear-foot-elevated hip-flexor stretch

Leg extension: 4-5 sets x 15-20 reps; high step on bench stretch

Leg curl (with 3-5 second slow eccentrics): 4-5 sets x 15-20 reps; foam-roll glutes/hamstrings

Body-weight cossack squat: 4-5 sets x 3-5 reps each way; hip external rotator stretch on bench

GET WARM TO GET BIG

Smith's warm-up covers more ground than your typical "135 for 10 reps" routine

Typical tight areas	SMR	Dynamic Mobility	Activation
Ankles	Foam-roll* on calves and front of shins	Ankle-mobility drills, calf-raise stretch	Calf raise, pogo jump
Hips	Foam-roll the glutes, hamstrings, adductors and IT band	Striders rear-foot-elevated hip-flexor stretch	Hip thrust, dumbbell swing, back extension, glute bridge
Upper back	Foam-roll the upper back and perform upper-back extension over the foam roller	Lat stretch on power cage	Face-pull, band pull-apart, dumbbell posterior flye, YTWL, inverted row
Shoulders/ chest	Foam-roll the lats, chest, shoulders and triceps	Chest and shoulder stretches on power cage	Push-up, light dumbbell military press

***FOAM ROLLING:** **Make sure you roll slowly and deliberately. If you don't have a foam roller, you can use a medicine ball, tennis ball or lacrosse ball. FLEX**



AVOID SCREWING UP YOUR OFF-SEASON MASS-BUILDING PLAN WITH THESE NUTRITION TIPS

BY MATT CHRISTENSEN

MAXIMISE YOUR NUTRITION IN THE OFF-SEASON

Although the off-season provides a much-needed break from rigid calorie restrictions and diligent precontest training prep, it shouldn't be viewed as a free-for-all when it comes to diet and training. Bodybuilders sometimes fool themselves into believing they can pull a Ronnie Coleman. The eight-time Mr O could wolf down tubs of barbecue-covered chicken and trays of french fries and somehow turn up onstage with jaw-dropping size and condition. Chances are you don't possess Coleman's freaky genetics, and all you'll end up doing is digging a hole to climb out of when it's time to move back into prep mode.

To help you avoid putting on too much mass too quickly – or not enough – during your off-season, we're bringing you some top diet and training tips. For nutritional advice, we referred to ISSA-certified trainer, sports nutritionist and former NPC fitness competitor Stacy Moutafis, and Dr Steve Hertzler,senior research scientist for EAS Sports Nutrition.

GETTYIMAGES.COM



06 DO THE MATHS



Your caloric needs should target the body weight you want, not the weight you are. But no diet is one-size-fits-all, which means you'll need to apply trial and error and routine check-ins to ensure you're meeting your goals. In other words, the suggested numbers for calorie intake from Hertzler and Moutafis are guidelines. If results are lacking, troubleshoot your approach and reassess the plan.

HERTZLER "All diets need to be tailored to the individual. But assuming an athlete was eating 500 calories per day less during his or her precontest dieting, an additional 1000 calories per day in the off-season not only maintains weight but also helps with muscle mass and weight gain. For example, a bodybuilder eating 1800 to 2000 calories per day pre-contest would need 2800 to 3000 calories per day during the off-season.

MOUTAFIS "I use the old-fashioned basal metabolic rate (BMR) ratio to figure out a bodybuilder's caloric intake. So if the goal is to put on one to two pounds of muscle, it pays to know that one pound of muscle is composed of a 2500-calorie surplus."

Despite using a BMR approach with clients, Moutafis recommends that you do not take an online BMR calculator's data as gospel. "They don't target the bodybuilder's needs as well as past training and dietary history," she says.

TRAVIS RATHBONE

JUST EAT IT

Even in the off-season your post-workout nutrition should remain similar to what it is in-season. For example, you'll still want to eat a protein-centric meal 30 to 60 minutes following your last rep. The good news is that you can be more lenient when it comes to variety.

HERTZLER
"It's important during the off-season to introduce more nutrient-rich foods and slightly larger portion sizes. Switch some chicken and fish dishes with lean red meat and enjoy reasonable-size portions of multinutrient combination foods like spaghetti and tacos."

MOUTAFIS
"I recommend whey protein, maltodextrin, and fruit post-workout. A fast-acting protein will ensure the muscle tissue and muscle cells get the nutrition they need for quick replenishment of glycogen [as well as] aid muscle recovery. You can also include a processed source of nutrition, like wholegrain bread."

FEEL FREE TO INCLUDE FOODS LIKE TACOS AND SPAGHETTI IN THE OFF-SEASON.

CALCULATE YOUR BMR

Your basal metabolic rate (BMR) is the amount of energy you expend – aka calories your body burns – while at rest. Things such as age, weight, genetics, gender and body fat percentage are all factors that affect your BMR.

MEN
BMR = 66 + (6.23 x weight in pounds) + (12.7 x height in inches) – (6.8 x age in years)

WOMEN
BMR = 655 + (4.35 x weight in pounds) + (4.7 x height in inches) – (4.7 x age in years)

07 FATTEN UP

In the days leading up to a contest, the mere mention of the word *fat* is enough to mentally devastate a dieting bodybuilder. But fats are a necessary piece to the dietary puzzle. Specifically during the off-season, consuming the right kinds and the right amounts of fats is critical to achieving optimal results.

MOUTAFIS "Fats are an oxidative energy source. Because bodybuilders are not aerobic athletes, I usually recommend they keep their fat intake at 20–30 percent of their total calories. I recommend bodybuilders rely on healthy fats like salmon, mackerel, flank steak, avocados, peanut butter, nuts and olive oil."

HERTZLER "I recommend fish oil supplementation of 2 to 3 grams of eicosapentaenoic plus docosahexaenoic acid per day. Additionally, taking in about 33 grams of saturated, monounsaturated and polyunsaturated fats per day is a good ratio. Many people overemphasise omega-3 versus omega-6 fats, citing anti- and pro-inflammatory effects of each. There is a certain amount of inflammation that is needed for muscle recovery. It's a fine line – a little bit of inflammation is OK, but too much can be damaging."

CONTINUE TO RELY ON HEALTHY FATS THROUGHOUT YOUR OFF-SEASON QUEST FOR MASS.

08 CAP YOUR CARBS

The ways in which you choose to carb up during your quest for mass can determine whether you'll be able to diet down in time for contest season. Also, even in the off-season, protein intake should continue to be monitored.

MOUTAFIS "Carbohydrates are your primary fuel source, so they should be at least 50 percent of your diet during the off-season. Post-workout carbs, as mentioned, can include fast-acting simple carbohydrates – fruits, wholegrain bread and chocolate milk – to ensure the muscle glycogen gets replenished quickly. Athletes should also use clean carbohydrate sources – potatoes, rice and oats – throughout the day to avoid putting on extra fat that'll be hard to take off in-season."

HERTZLER "Protein intake should be about 1.6 to 2 grams per kilogram of body weight per day, or 20–25 percent of the total diet. I suggest higher protein intake during competition dieting when the number of calories and carbs are lower."

SAM KAPLAN; FOOD STYLING BY EUGENE JHO

09 CHEAT LIKE A PRO

There are times cheating can get you into serious trouble – at school, on your taxes, with your neighbour's wife. But a few weekly cheat meals can do things like ramp up metabolic rate, increase your body's ability to add muscle and help your body manage food intake more efficiently.

MOUTAFIS "I don't give bodybuilders any off-season cheat meal restrictions, but I do suggest that they avoid alcohol – one of the most catabolic agents a bodybuilder can ingest. Cheat meals are necessary for regeneration and the athlete's overall mood and drive. They can also drive metabolic boost and provide the body with a piece of nutrition that the bodybuilder hasn't had in a long time. Eat cheat meals after training; the nutrition from the cheat food gets utilised for recovery and glycogen replenishment."

HERTZLER "In terms of quantity, I suggest using a food scale to make sure portions are moderate. Aim for about half to two-thirds of what would be needed to be full and satisfied – especially for high-calorie food. For example, if four slices of pizza would totally fill you up and make you not want any more pizza, a moderate portion size would be two to three slices." **FLEX**

STUFF YOUR CHEAT MEALS WITH PIZZA IF YOU WISH - BUT KEEP THE BOOZE IN THE BOTTLE.



CLAIRE BENOIST



HEATH MAKES IT 5

BY JOHN PLUMMER PHOTOGRAPHS BY GARY PHILLIPS

THE GIFT IS THE KING OF LAS VEGAS AGAIN AFTER KAI GREENE'S MYSTERIOUS NO-SHOW AT THE 2015 MR OLYMPIA.

Phil Heath has become the first man since Ronnie Coleman to win five Mr Olympia trophies.

In the absence of Kai Greene, who failed to sign the contract to enter the event, Heath started the 2015 Olympia weekend in Las Vegas as clear favourite, although he faced strong opposition from Dexter Jackson, Shawn Rhoden and Dennis Wolf.

Once again Heath was off on the Friday night pre-judging but he roared back at the finals 24 hours later to retain his title and claim the $400,000 first prize at a near sell-out Orleans Arena. It was, nevertheless, a sub-par performance compared with his 2011 and 2013 victories but The Gift showed he still has the best genetic structure.

Dexter Jackson, who Heath named as his main rival at the pre-contest press conference, came in bigger and sharper than ever at the age of 46 to finish with a silver medal to add to the gold he won at the Arnold Classic in America earlier in the year.

Shawn Rhoden had also added size and dominated Heath in some of the front and side poses but his midsection let him down and he had to settle for third.

Fan favourite Dennis Wolf was fourth, a result that was greeted with boos, but the top four were in a league of their own and second to fourth could have gone in any order.

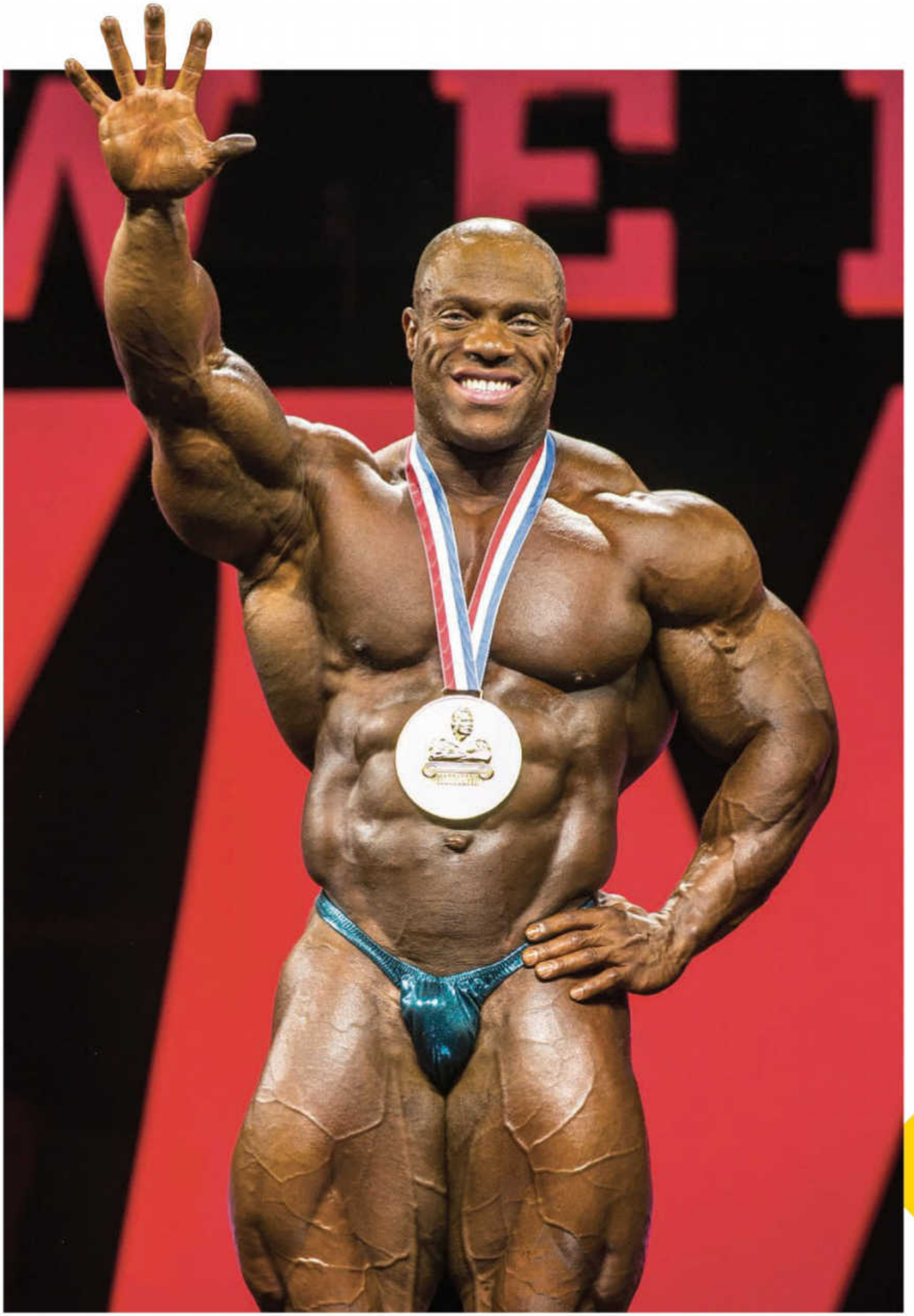
Big Ramy continues to wow and frustrate in equal measure. Entering the show at a mind boggling 315 pounds (143kg), he beat everyone for size but his legs still lacked detail.

Battle horse Branch Warren showed all his fighting qualities to scrap his way into the top six after failing to be in the first call out. That was unfortunate for a much-improved Roelly Winklaar, who was in the first call out and performed the best routine of the show, only to fade to seventh.

If Dutchman William Bonac were bigger, he would be a threat to anyone. He has one of the most complete physiques in the world but his narrow clavicles and short stature count against him. Eighth, however, marked another step forward in his career.

Victor Martinez is in the Indian summer of his career but continues to mix it with the best, although he was perhaps lucky to land a spot ahead of Essa Obaid, who was in the shape of his life.

Every Olympia champion this year was the same as 2014, with the exception of Latorya Watts, who defeated Nicole Wilkins in figure. FLEX





Heath and Rhoden hitting chest poses for the fans.





The top six best figures in the world pose for photographers; Latorya Watts takes the trophy.



Flex Lewis takes the Mr Olympia 212 title again.



Ms Fitness Olympia top six; Oksana Grishina taking the title.



Warren, Winklaar, Elssbiay, Obaid and Bonac hitting a front double bicep for the judges.



The biggest hit a most muscular pose: Wolf, Heath and Rhoden.



Ms Olympia Bikini top six with Ashley Kaltwasser taking first spot.



Wold, Jackson, Heath and Rhoden working hard for the big spot.



Men's Phsique top 6 trophy presentation with Jeremy Buendia taking the title yet again.



Mr Olympia top 3 fighting for the big one: Rhoden, Heath & Jackson.

TOP 10

1. **Phil Heath** USA
2. **Dexter Jackson** USA
3. **Shawn Rhoden** USA
4. **Dennis Wolf** Germany
5. **Mamdouh 'Big Ramy' Elssbiay** Egypt
6. **Branch Warren** USA
7. **Roelly Winklaar** Curaco
8. **William Bonac** Netherlands
9. **Victor Marinez** Dominican Republic
10. **Essa Obaid** United Arab Emirates



Heath brought to his knees by the announcement of his win.



Mr Olympia Men's Physique Champion, Jeremy Buendia.



Mr Olympia: Phil Heath.



Women's Physique top 5 trophy presentation with Juliana Malacarne taking the top spot.



Wolf, Rhoden and Heath.



Dexter Jackson devastated with the announcement of his second placing; Phil Heath rejoicing.

2015 OLYMPIA CHAMPIONS

MEN'S OPEN
Phil Heath USA

212
Flex Lewis UK

MEN'S PHYSIQUE
Jeremy Buendia

BIKINI OLYMPIA
Ashley Kaltwasser USA

FIGURE OLYMPIA
Latorya Watts USA

FITNESS OLYMPIA
Oksana Grishina Russia

WOMEN'S PHYSIQUE
Juliana Malacarne Brazil


HELP FUEL
YOUR DAY
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BY MARK BARROSO PHOTOGRAPHS BY PER BERNAL

MEN'S PHYSIQUE: THE NEW BODYBUILDING?

THE MEN'S PHYSIQUE DIVISION CONTINUES TO GROW, AND IFBB PRO ANTON ANTIPOV TELLS US WHY HE THINKS IT JUST MIGHT BE THE NEXT BIG GAME CHANGER

In 2012, the IFBB inaugurated its men's physique division, opening the competitive door for countless men blessed with great genetics and strong work ethics. For Anton Antipov, it marked the start of a new career and a new life.

"Every year I make 12 resolutions, one for each month, something doable, like reading a book by a new author or visiting someplace new," Antipov says. "One of those resolutions was to compete in a men's physique competition."

Antipov went to the 2012 NPC Steve Stone Metropolitans to spectate, but he made a game-time decision to hop into the show and wound up placing fourth.

"If I could jump into a show half-assed and get fourth, I wondered what I could accomplish if I actually prepared," he says.

Antipov did nine contests in 2012, winning his pro card at the IFBB North Americans. To date, he's won four pro shows and recently placed third at the 2015 New York Pro. He also competed in his third Olympia Men's Physique Showdown in September, coming in ninth place.



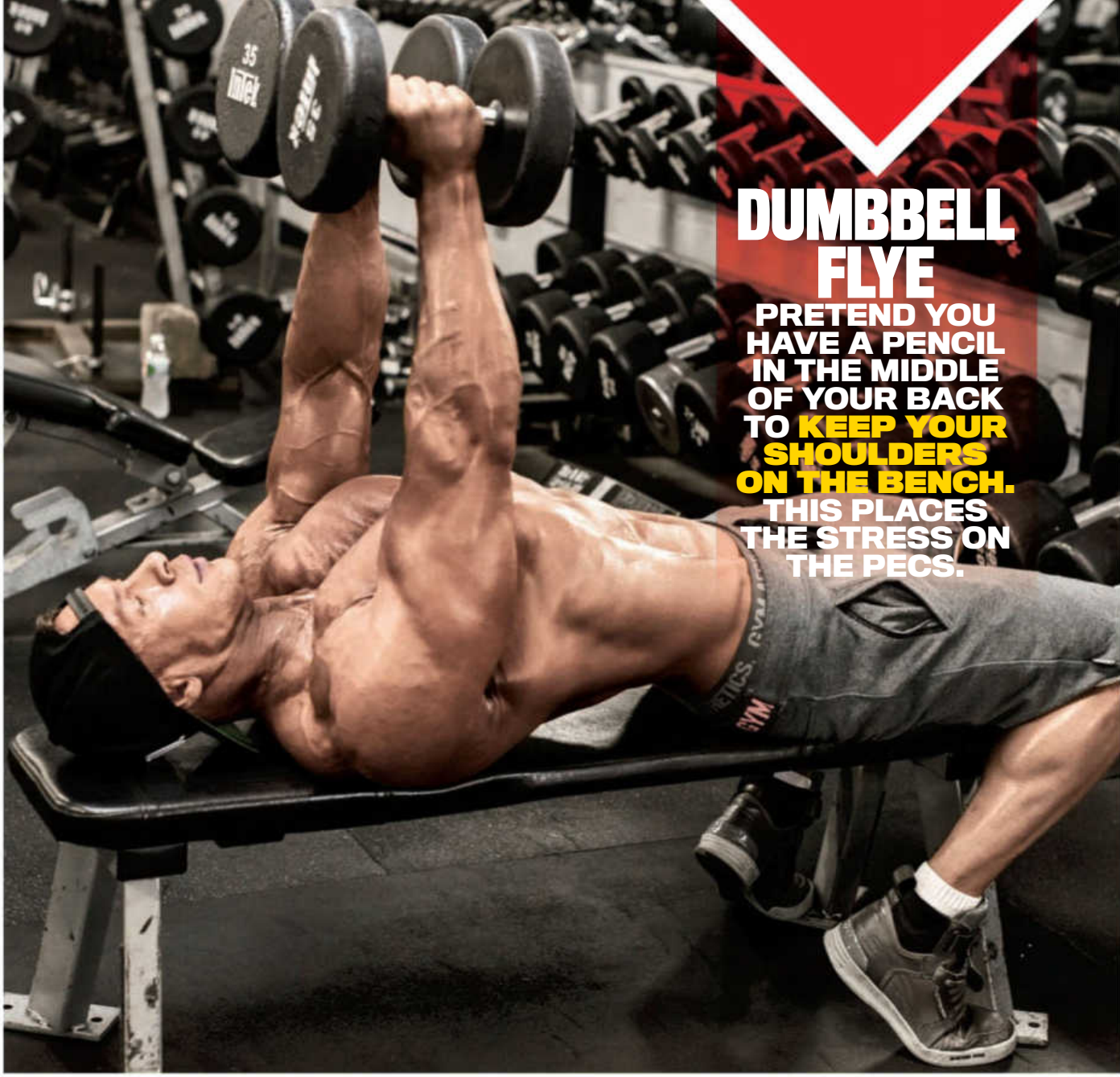
ALTERNATING DUMBBELL CURL

I pretend I have a preacher bench underneath my elbow, sticking my elbow out forward before curling to place tension on my biceps.



SINGLE-ARM CABLE CROSSOVER

KEEP YOUR ELBOW BENT THROUGHOUT THE ENTIRE MOVEMENT. DO NOT OVERBEND.



DUMBBELL FLYE

PRETEND YOU HAVE A PENCIL IN THE MIDDLE OF YOUR BACK TO KEEP YOUR SHOULDERS ON THE BENCH. THIS PLACES THE STRESS ON THE PECS.

THE PERFECT BEACH BOD

Antipov started his career as a 63.5kg fashion model, travelling the world doing photo shoots. After realising it wasn't sustainable, he signed with a fitness modeling agency and starting booking fitness shoots and learning more about bodybuilding. "I didn't think about competing until my booker told me about men's physique," he reveals.

"You want to come in looking like the perfect body you'd see on the beach," NPC and IFBB judge, Steve Weinberger says. "You go, 'Look at that body – I can attain that just by going to the gym, dieting and doing my cardio.'"

STUDENT ATHLETE

Many men's physique competitors share the same characteristics: Tthey're former high school or university athletes who got into modelling or bodybuilding. Antipov didn't start competing at age 17 like 2015 Olympia Men's Physique Showdown winner Jeremy Buendia, yet he has more athletic history than Arnold Classic Champion Sadik Hadzovic. In fact, sports are how Antipov learned to speak English. "In 1997, I came to the US from Belarus, where I played hockey," Antipov says. "I didn't speak English, so I knocked on the doors of kids who lived on my block and asked if they wanted to play hockey with me."

ANTIPOV'S STATS

AGE 32
HEIGHT 180cm
WEIGHT 89kg
RESIDENCE New York, US
SPONSOR Nutrex Research, Gym Aesthetics

CAREER HIGHLIGHTS
2015: IFBB Battle on the Beach, 1st
2014: IFBB Dayana Cadeau Classic, 1st
2014: IFBB Prestige Crystal Cup, 1st
2013: IFBB Powerhouse Pro, 1st



HANGING KNEE RAISE
Slowly bring knees up, pause and slowly lower. To keep constant tension, don't lower your knees all the way down.

THE CARDIO KING

Another constant in Antipov's training is his cardio. He starts with ab training in the morning on an empty stomach, then does sprints followed by the StairMaster and StepMill. Then comes the day's first meal.

Running and walking are staples of Antipov's life, and he competes in charity races to raise money for various causes. He also completes Tough Mudder and Spartan Race obstacle races just to challenge himself. Based in New York City, Antipov walks virtually everywhere, which adds up to a lot of calories burned. "All of the walking helps keep me in shape; it's steady cardio."

INSTINCTIVE PHYSIQUE

Antipov has previously bulked up to 93 kilos, but now he fluctuates between 84 and 89. His training is completely instinctual; he doesn't have a set training split.

"I train whatever I feel like training, so if my legs are lagging I sacrifice an arm day for an extra leg day," he says. "I dedicate up to two hours to lagging body parts."

One certainty of Antipov's training is his attention to detail.

"I usually do one compound exercise, and the rest are isolation exercises where I add more detail," he says. "When you create more detail you create more separation in the muscle."

SAMPLE WORKOUT

EXERCISE	SETS	REPS
Cable crossover*	4	12–15
Dumbbell bench	4	12, 10, 8, 6, 20**
Machine chest press	4	12–15 (each arm)
Dumbbell flye	4	12, 10, 8, 6
Chest dip	2	15
Dumbbell curl **SUPERSET WITH** Overhead dumbbell triceps extension	4 4	10 14
Hanging knee raise	3	12
Oblique cable crunch	3	12

*On Set 1, arms meet at the bottom of the chest. On Sets 2–4, arms meet higher on the chest. Set 4 will have arms meet at the middle of the chest.

**Drop weight by 50% and do a dropset for 20 reps.



MACHINE CHEST PRESS

PUSH SIDEWAYS ACROSS YOUR BODY. PERFORM ON AN INCLINE TO HIT INNER AND UPPER CHEST.

A BRIEF HISTORY OFMEN'S PHYSIQUE

On May 21, 2011, at the NPC Jr. Nationals, the National Physique Committee introduced the men's physique division. To find out how and why the division was created, we asked Weinberger. "Every year there's a meeting that [IFBB president] Jim Manion holds with all of the chairmen and that's where ideas are brought to the table," Weinberger says. "It was Jim's idea, everyone knew it was a great idea. Not everybody wants to be built like a bodybuilder. Men's physique gives a platform for these guys to compete."

The NPC's criteria for men's physique states: "Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience."

THE EVOLUTION OF PHYSIQUE

Proportion is key for men's physique athletes. However, posing along with the overall look has changed since the division's inception. "When it first started, all you did onstage was put your hand on your hip; you couldn't flex anything," says Antipov. "Now everyone flexes everything. Some guys are posing like 1980s bodybuilders."

The overall look, Antipov says, has seen a trend toward more size coupled with increased conditioning. Officially, coming in too big is supposed to be a disadvantage, but as of now there is no plan to curtail the strive for more size. "We try to make sure not to have anyone too big," Weinberger says. "Some guys are going over a bit, but they don't win, because they're too big. We're going to keep it just the way it is because it's very successful and popular."

MAINSTREAM APPEAL

Men's physique has attracted athletes from all walks of fitness. "There's a broader range of possibility for men's physique," Antipov says.

Change is upon us, with Weinberger adding that men's physique will continue to grow to be just as popular as bodybuilding. Antipov goes one further.

"Men's physique is going to become the new bodybuilding."

The exposure of men's physique is a win for the fitness community, as it inspires weekend warriors and professional athletes alike to reach an attainable goal. **FLEX**


GOLD



BODYBUILDING 101

FEATURING CODY MONTGOMERY

This basic but brutal plan for beginners is your blueprint to a total-body overhaul

So you're not as jacked as any of the guys at your gym – including the dude behind the desk. Follow this road map to massive strength and size gains and you can be. It won't be easy, and results won't appear overnight, but stay the course and the goal is 100 percent attainable. The catch? It's on you to execute the game plan we've put together. That includes following the workout plan, forcing yourself to train when you're dog tired, eating clean and pushing yourself to finish when all you can think about is throwing in the towel.

Now, we're sure you have questions, such as, Which exercises are the best? How many reps and sets should I do? What's the quickest way to see improvements? And you'll get answers, courtesy of US ranked bodybuilder John Meadows and his hand-tailored training method, Mountain Dog.

Meadows' program removes the guesswork and omits training elements that simply won't produce results. Whether you want to look the part or eventually compete onstage, set aside the next six months to transform yourself from a beginning wannabe to a full-blown bodybuilder.

BY JOHN MEADOWS AND MARK BARROSO
PHOTOGRAPHS BY PER BERNAL

MIND THE MUSCLES



Pay attention to all muscle groups to build a balanced and complete body from head to toe.

While most beginner programs focus on compound moves such as the Big 3 – bench press, squat and deadlift – performed with heavy weight and low reps, Meadows feels that neglects a necessary component of becoming a bodybuilder: the mind-to-muscle connection. Mountain Dog training focuses on maximum muscle growth (hypertrophy) by using isolation exercises performed on machines as a method of developing this all-important link.

"Isolation exercises develop powerful neuromuscular innervation and neural drive, aka the mind-to-muscle connection, by placing mental and neurological focus on a targeted muscle group," Meadows explains. "If you cannot contract a muscle in isolation, you'll never be able to fully contract it in a compound movement."

HOW MUSCLES GROW

Mountain Dog training utilises three scientifically proven principles for muscle growth

1 MUSCULAR DAMAGE

The breakdown of muscle fibres is achieved primarily through eccentric contractions (the negative potion of a rep). There are associations between eccentric contractions and soreness, elevation of protein synthesis, hypertrophy and strength increases.

2 MECHANICAL TENSION

Colloquially referred to as "time under tension (TUT)," mechanical tension is the window of time in which a muscle is actively contracting. Weight training differs from other forms of exercise because more TUT demands maximal fibre recruitment, which leads to muscle growth.

3 METABOLIC STRESS

Metabolic stress refers to the high-energy demands that exhaust muscles of their stored glycogen and create the "burn" effect during prolonged TUT (high-rep sets). The "pump" feeling comes from metabolic stress. Lighter weight can cause more metabolic stress than heavier weights, resulting in the accumulation of lactate and subsequent muscle growth.



INTENSIFY

We're not scoffing at compound exercises or strength. Both are necessary, and Mountain Dog training uses them. Training for size requires specific intensity techniques and varying sets and reps to stimulate growth.

"By using intensification techniques and effective execution of reps, you'll not only create an opportunity for muscle growth but also greater potential for strength gains on compound exercises," Meadows says.

TRAINING SPLIT

You'll train three days per week: two on, one off, one on, one off. On the sixth day, cycle through the split again.

- **Day 1** Legs
- **Day 2** Chest/ shoulders/ triceps
- **Day 3** Off
- **Day 4** Back/ biceps
- **Day 5** Off
- **Day 6** Repeat cycle



DAY 1
LEGS





EXERCISE	SETS	REPS	GOAL
Lying leg curl	4	20, 20, 12, 10	Activate and pump
Barbell squat	4	6	Train explosively
Leg extension (with partials)*	1	12	Supra-max pump
Barbell stiff-leg deadlift**	4	10	Work muscle from stretched position
Leg press toe press	2	60 seconds	Supra-max pump

*Use the heaviest weight possible while still achieving a full range of motion. Hold each contraction for 3 seconds at the movement's apex. Do 10 partial reps from the bottom after the set.
**Bend your knees at the bottom of the lift.

FANTASTIC 4

Each workout is organised into four distinct phases to achieve optimal hypertrophy while building strength and preventing injury

PHASE 1
Pre-pump activation exercise
This movement is easy on your joints, tendons and ligaments. It allows you to feel the target muscle, serving as a warm-up for the compound movement. This exercise is not an isolation movement designed to pre-exhaust; it's used to pump, not fatigue, the target muscle.

PHASE 2
The explosive exercise
This exercise is a compound barbell movement in which the weight is lowered under control and driven up hard and fast. Sets are done by gradually adding weight until you lose speed and can barely keep the bar moving.

PHASE 3
Supra-maximal pump exercise
Your intention is to maximise blood flow and metabolic stress. You'll hammer the target muscle with high-intensity techniques and pump it to its limit with dropsets, partial reps and forced reps.

PHASE 4
Loaded stretching exercise
The goal is to get a complete and safe range of motion with the target muscle being fully elongated. In addition to these dynamic loaded stretching moves, do loaded static stretching at the end of the workout to encourage greater elongation of the muscle belly.



DAY 2

CHEST, SHOULDERS AND TRICEPS

EXERCISE	SETS	REPS	GOAL
Incline dumbbell press	3	10	Activate and pump
Barbell incline press*	6	8	Train explosively
Seated machine chest press	3	10, 8, 8	Activate and pump
Stretch push-up**	2	10	Work muscle from stretched position
Dumbbell bentover lateral	3	10	Activate and pump
Seated Smith machine press	3	6	Train explosively

EXERCISE	SETS	REPS	GOAL
Dumbbell lateral raise (with partials)	1	30	Supra-max pump
Rope pushdown	4	12, 12, 10, 10	Supra-max pump
Lying triceps extension	2	10	Work muscle from stretched position

*Do not let the bar touch your chest.
**Place two flat benches or raised step platforms about 90cm apart. Place one hand on each bench so your body is in a wide-grip push-up position between the benches. Do a push-up, sinking very low. Drive up to return to the starting position.

ABS

Train abs twice a week on any two days of your choosing

Pick one lower-abs exercise from the following list and do two sets of 25 reps.

Hanging leg raise

Leg raise with elbows supported on pad

Decline bench leg raise

Pick one upper-abs exercise from the following list and do two sets of 15–25 reps.

Incline sit-up

Rope pulldown/ crunch

Band crunch





On all exercises, Montgomery takes great care to focus on the working muscle. This is a key component to bodybuilding success and takes a great deal of time to perfect.

DAY 4

BACK AND BICEPS

EXERCISE	SETS	REPS	GOAL
Meadows row*	2	8	Activate and pump
Deadlift	4	6	Train explosively
Narrow-grip chin-up	2	Failure	Supra-max pump

EXERCISE	SETS	REPS	GOAL
Dumbbell pullover	2	10	Work muscle from stretched position
Hammer curl**	2	10	Supra-max pump
EZ-bar preacher curl***	2	10	Supra-max pump

*Place one end of a barbell in the corner of a wall. Load plates on the opposite end. Stand parallel (facing) to the bar. Grab the end of the bar with an overhand grip – this will be the short side of the barbell. Row the barbell toward your rib cage, similar to a one-arm dumbbell row.
**Do 5 partial reps from the bottom after each set.
***On the last set, have a partner give you 4 forced reps or do a dropset.



DEDICATION TO A **SOUND PROGRAM** HAS HELPED MONTGOMERY BUILD AN **IFBB PRO** PHYSIQUE.

FLEX



THE LEGEND AND THE

WHAT HAPPENS WHEN A CURRENT PHYSIQUE CHAMP (SADIK HADZOVIC) LEARNS UNDER THE





BY JOE WUEBBEN PHOTOS BY PER BERNAL

APPRENTICE

GUIDANCE OF THE AESTHETICS ICON HIMSELF (FRANK ZANE)? YOU'RE ABOUT TO FIND OUT.





Three-time Mr Olympia Zane schools men's physique standout Hadzovic in the fine art of posing.

The two had to meet. Just look at the resemblance. Sadik Hadzovic, owner of arguably the most aesthetic male physique in the world after winning the men's physique title at the 2015 Arnold Classic, and Frank Zane, the man who set the bar for aesthetics during a bodybuilding career that saw him win three consecutive Mr Olympia titles from 1977–79. No doubt Zane, now 73, could teach Hadzovic a thing or two considering his perspective and reputable wisdom for all things developed, chiselled and symmetrical.

"What's funny is, the past 10 years of my life, no matter what gym I went to, everyone has been comparing me to this guy Frank Zane," says Hadzovic. "And I had no idea who he was. I literally thought that he was somebody my age who went to the same gym as me at different hours. Everyone kept telling me, 'You look like Zane', and I've never even met this guy. I'm like, 'What time does he train? Where's he at?' It wasn't until a few years ago when I was on the internet that I stumbled across some bodybuilding footage and saw Frank Zane. And I was like, 'Holy crap, this guy is a former Mr Olympia. That's a f-ing compliment.' And here I was thinking this guy was a normal dude."

Finally, this past summer, Hadzovic flew out to the US to visit Zane's personal gym for an impromptu physique evaluation and accompanying training tutorial courtesy of his aesthetic predecessor – all captured by *FLEX* photographer Per Bernal.

"It was incredible," says Hadzovic. "To me, that was better than meeting the president of the United States. Frank Zane to me is like God. I daydreamed and thought about meeting

OPENER: ZANE: ART ZELLER/FITNESS PUBLICATION, INC. COURTESY OF WEIDER HEALTH AND FITNESS;



THE MASTER PUSHES THE STUDENT THROUGH A GRUELLING SET OF LEG EXTENSIONS WITH THE GOAL OF ETCHING IN HIGH-DEF DETAILS.

this man, and not only did I get to meet him, but he's also giving me his honest opinion and advice. I'm still in disbelief that it actually happened. I'm lucky."

Zane praised Hadzovic's blend of fully developed muscles, a tiny waist and astute symmetry, but he also had constructive criticism. "Sadik has some great strong areas, but he's got some weak points, too," said Zane following the photo shoot. "And he needs to address those if he wants to make it to the top. You can't just be wearing Bermuda shorts all the time. I mean, he's at the top of the physique division now, but he's a ways away from having what we would call a 'classic physique' as far as old-school standards go."

Hadzovic doesn't mind croiticism, but he also understands the if-it-ain't-broke-don't-fix-it concept. "I'm a very receptive person," he says, "and I went into this experience like a sponge. I wanted to absorb as much as possible. The stuff that worked, I kept it and implemented it. The stuff that didn't work, I just left it alone. I'm the best guy in the world at what I do, and I did it without Frank. But that doesn't mean that I can't learn new things. I'm constantly looking to improve. He's someone I respect, so I know that if I implement 50 percent of what he taught me, it's going to make me that much better onstage. I know the stuff that I like, I know the stuff that he likes, and I put them together and make my own little formula."

In the following pages, we break down all the pointers Zane gave Hadzovic. If the prodigy can translate his elder's insight into an even more impressive stage presence, the men's physique division could see an Olympia three-peat of its own.

LEG EXTENSION

Here's an exercise that beginners and advanced bodybuilders alike think they have down pat. Not much to it, right? You lower the weight down until just before the plates rest on the stack, then you extend your knees all the way and hold the contraction for a count or two at the top of each rep. Zaane has a different idea about how to perform leg extensions for carving in maximum quad detail.

Frank says: "Sadik needs to do a lot of leg extensions and basically learn to show cuts in his quads without having his knees locked all the time. That was one of the things we worked on. And then one-leg extensions is something he can do before competition using, like, four sets of 25 reps per leg with a limited range of motion – just from halfway up to locking out. Because that's how you get the quads to come out, by tensing them a lot. I told him to do this every day.

"But you don't try to hold the top of the extension on each rep and squeeze. I see people push the weight all the way up and then try to hold it at the top, but you can't do it. They catch it on the way down and then they drop it real fast. What I told Sadik was, push it up as hard as you need to, and then let it down slow. Always a slow negative."

Sadik says: "Frank said that I need more detail in my quads, and he said that I could accomplish this in a matter of four weeks time. He wants me to go into the 20- to 25-rep range. And he also wants me to do my leg extensions one leg at a time. And then I do 20 reps with both legs after we targeted each leg."



NUGGETS OF WISDOM

BONUS TIPS FROM BODYBUILDING'S ZEN MASTER

One-arm dumbbell overhead triceps extension

"This is one of the best, if not the best, exercise for the posterior head of the triceps – but only if you get a deep stretch," says Zane. "I encourage people to lean back a little bit and hold the upper arm close to the head, go way down behind the neck with the dumbbell and don't quite lock out at the top. Stop just a little short of lockout. With a lot of exercises, locking out is resting the area we're working. We don't want that. We want to go right to the point where the tension is increased to the max, and then go back down with it."

Overhead triceps stretch

Zane advises: "The best stretch after pullovers is the one-arm shoulder stretch where you pull your elbow back with one arm at a time. You want to pull your elbow back as far as possible. If you can't get it back real far, you're not really going to get maximum serratus development."

ART ZELLER/FITNESS PUBLICATION, INC. COURTESY OF WEIDER HEALTH AND FITNESS

DONKEY CALF RAISE



You'd expect to find a few classic machines from yesteryear in Zane's personal gym. The donkey calf raise is one such piece that caught Hadzovic's eye as he perused the weights room. But this machine is anything but a relic in Zane's mind; he still considers it one of the best calf developers there is. Makes you wonder why so many gyms got rid of them.

Frank says: "They still make these Nautilus donkey calf raise machines. I have one of the originals from 1978. Donkeys are one of the best exercises for working your calves."

Sadik says: "Frank likes this exercise a lot. For me, I just saw that donkey calf raise machine and said, 'Bro, that's an awesome calf machine. Can I try it?' I liked the way these felt."



ONE-ARM DUMBBELL ROW

This is another exercise, like the leg extension, where Zane goes against the grain on technique. In this case, he tweaks the form to hit one common weak area of the lats.

Frank says: "Sadik needs lower lats. His upper body looks great. His upper lats are great. He has tremendous deltoid development and width and a small waist. But as the lats go down, they just sort of go straight down. They don't sweep. They don't curve around at the bottom.

"If you do dumbbell rows correctly, you can really get that lower, outer lat, so that's why I showed him this exercise. I had him standing on a block to get a lower stretch. With this exercise, I got the best results when the upper body was parallel to the floor or slightly downward to the floor. A lot of times you see people doing this exercise with a knee on the bench and the upper body at a 45-degree angle to the floor. And they're pulling it up and basically working traps and rear deltoids and they're not getting lower lats. But Sadik still has to work on his form. He has a tendency to arch his back. What he has to do is round his back out as he gets into the low-stretch position."

Sadik says: "Frank said I can bring out my lower lats a little more, so that's why I'm standing on that wooden platform. And I used to bring the dumbbell down a little lower to my waist and navel area, but he wanted me to bring it up to where I'm actually touching my chest. So I found that a little unique."



DUMBBELL PULLOVER

The pullover isn't as popular these days as it was in the '70s, but plenty of physique athletes are still doing it. But are they doing it correctly? Zane had a few pullover pointers for Hadzovic on this day.

Frank says: "As far as exercises that develop the serratus muscles, dumbbell pullovers will do it, and pullovers in general, really. If you have a Nautilus pullover machine, that can get it, but really the best thing is the dumbbell pullover. Who had a good vacuum pose? Well, not many people. Bill Pearl had it, and he did a lot of dumbbell pullovers. Mike Mentzer had a pretty good vacuum, too, and he did a lot of Nautilus pullovers. And then I had a good vacuum, and I did a lot of pullovers.

"Range of motion here is important. First thing to do is lie across the bench, and the base of your neck, right under the skull, should be exactly at the edge of the bench. And then you want to hang your head down as far as possible. You lower the dumbbell with your arms slightly bent as low as you possibly can – very, very low, try to touch the floor. And then, with your arms bent at the same angle, you pull it over so it stops right over your nose or your mouth. Don't go past that, because if you do, you relax the areas you're working. It's not like a pullover machine where you have stress the whole way. You only have it from all the way back until over your face, and that other portion you can't get with the pullover; you have to get it with the straight-arm pulldown. If you do, you have a superior combination. That pullover/pulldown superset is great for popping out the serratus."

ZANE'S VACUUM POSE WAS ONE OF THE BEST OF ALL TIME. HADZOVIC WORKS PULLOVERS IN THE HOPES OF MATCHING THE MASTER'S FORM.

Sadik says: "I've been doing pullovers for a long time, but one thing Frank told me is that I have a tendency to hyperextend my back. So he wanted me to keep my lower back in more of a neutral position."



SPLIT THE DIFFERENCES

HADZOVIC'S TRAINING SPLIT

DAY 1	Chest
DAY 2	Back
DAY 3	Legs
DAY 4	Delts
DAY 5	Cycle repeats (no rest days)

"I do HIIT cardio every single morning in a fasted state," says Hadzovic. "I train abs every other day, and I don't train arms anymore because I don't want them to get too big. I like training arms, but we have to cater to the judges."

ZANE'S TRAINING SPLIT
(Circa Late-1970s)

DAY 1	Back, biceps, forearms, abs
DAY 2	Abs, thighs, calves
DAY 3	Chest, shoulders, triceps, abs
DAY 4	Rest
DAY 5	Cycle repeats



STRAIGHT-ARM PULLDOWN

The straight-arm pulldown is an exercise that requires a high degree of mind-muscle connection to hit the desired target. It's an isolation move that can easily cease to isolate when you use too much body English. Most people consider this a dedicated lat exercise, but not Zane.

Frank says: "With any exercise, you have to discover if you're doing it right by, first of all, feeling the pump in that area while you're working it, and then getting sore there the day after the workout. That's how you find out what's working what. With this exercise, you should feel it in the serratus and also the posterior head of the triceps, just as you do with pullovers. I would work that combination as the last exercises in my chest routine, and then traditionally I work triceps right after that, since my triceps are pumping up somewhat. The last exercise on the body part sort of has a transition into the next body part.

"We're using what's called a Tri-Bell attachment. If I did these with a straight bar, it would be with a closer grip."

Sadik says: "Frank didn't want me to squeeze and hold at the peak of the contraction. He's all into tempo and movement, so he doesn't want any holding or contracting at the peak."

ONE-ARM AND TWO-ARM LAT STRETCH

Traditional stretching techniques are a lost art in modern-day bodybuilding as well as in the fitness community at large. But Zane still swears by it, placing as much emphasis on stretches as he does on lifting sets.

Frank says: "The way we train here at my gym is, immediately after we do a set we do a stretch that works the body part we're training. So if you're doing, let's say, front pulldowns or low cable rows, you do a two-arm lat stretch to keep the blood in the area, to keep it warmed up and to enhance flexibility. The one-arm lat stretch is just hitting one lat at a time, and that's what we do right after one-arm dumbbell rows to pop out the lats.

Enhanced flexibility will help your posing, but it will help in your workout, too. You'll get a better pump, you'll stay warmed up, you'll lessen the chance of injuries, you may even be stronger on your next set. So it helps everything. I think if you don't stretch enough and you just train heavy and slow all the time, you'll lose your range of motion to some extent. You've got to train that too."

Sadik says: "In between every set, Frank had me stretch. And I've been doing that religiously on back days ever since." **FLEX**



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2015 IFBB VICTORIAN CHAMPIONSHIPS

BY SIMON FAULKNER PHOTOGRAPHS BY GARY PHILLIPS

IT WAS A MASSIVE TURN-OUT IN EVERY SENSE OF THE WORD FOR THE IFBB VICTORIAN BODYBUILDING CHAMPIONSHIPS.

The 2015 IFBB Victorian Bodybuilding Championships was hosted and presented once again by Tony Doherty and his capable team. It was a "stacked" show, with over 100 competitors of an exceptional standard along with guest poser Sergio Oliva Jr. The Kingston Arts Centre in Moorabbin, Victoria, offered great stage lighting and seating along. The venue created a buzzing atmosphere for both spectators and competitors.

Sergio was doing his first guest posing ever, yet wasn't daunted by his task and conducted himself in a professional manor. It was fantastic to see him sitting in the crowd watching the majority of the pre-judging as well as the finals. He also took time to sit at the Labrada Nutrition Booth and meet, take a photo and chat with all of the fans. Sergio was extremely approachable and essentially blended in with the crowd. Having him in the audience watching and clapping along must have also been a special addition to the event for those competing.

At a midway point in the finals the stage was cleared for the much anticipated guest poser, whose bodybuilding pedigree is surpassed by none who walk the planet. Having emerged as his own man from the inevitable shadow left by his father – non other than the late Mr Olympia Sergio Oliva – Sergio emerged from the side of the stage and gracefully posed with well angled shots only exhibited by excellent posers. He then unexpectedly flipped off the stage in begun to pose through the audience.

Sergio Jr is clearly his father's son when you compare their physiques. In particular seeing him hit the victory pose made famous by his father. It was a sight to be seen and even had the judges shaking their heads.

The 2015 IFBB Victorian Championships were a great success and gave a very high number of quality competitors the opportunity to compete in the Amateur Olympia to be held on the Gold Coast last this year. Once again Tony Doherty brought an exciting guest poser and an excellent show leading into the IFBB Nationals which is sure to be extremely competitive if they are up to the standard seen in Victoria. **FLEX**



Mens Novice Physique class: 1. Reece Adams, 2. Evan Berard, 3. Josh Watkinson.



Junior Bikini line-up: 1. Anita Bass, 2. Giselle Kaplan, 3. Char Thomson.



Mens under 90 kg top three: 1. Ankur Sharma, 2. Aaron Wood, 3. Julian Gaylor.

FULL RESULTS

Men's Junior
1 Chris Owen
2 Momo Saad
3 Alex Skulski

Men's Masters
1 Matt Mclean
2 Brian Emerson
3 Senol Yaman

Men's Novice
1 Chris Webb
2 Steve Zammitt
3 Danny Koydovski

Men's Classic
1 Kane Douglas-Somett
2 Saeed Mazinani
3 Nathan Cahill

Junior Bikini
1 Anita Bass
2 Giselle Kaplan
3 Char Thomson

Bikini First Timers
1 Marie Jose Rodriguez
2 Aleysha Tokai
3 Rachel Hart

Bikini Novice
1 Zoe O'Meara
2 Anastacia Papathanaiou
3 Evie Wonder

Bikini Open
1 Anna McManamey
2 Julia Barnard
3 Katie Jean

Figure First Timers
1 Kelly Tran
2 Renee Walker

Figure Novice
1 Vanessa Tranfield
2 Ingrida Steponavice
3 Rachel Saccoa

Women's Fitness
1 Anastasia Kostic
2 Alysha Cliff

Figure Open
1 Emily Fraresso
2 Kelly Sammut

Women's Physique
1 Sarah Alexander
2 Sandra Jose
3 Kimberly De Bono

Men's Physique Novice
1 Reece Adams
2 Evan Berard
3 Josh Watkinson

Men's Physique Open
1 Kyle Keran
2 Rigo Gasio
3 Peter Jovanovic

Men's Under 70kg
1 Gil Laconsay

Men's Under 80kg
1 Dryden Mercuri
2 Matt Manjivio
3 Eugene Teo

Men's Under 90kg
1 Ankur Sharma
2 Aaron Wood
3 Julian Gaylor

Men's Under 100kg
1 Steve Bennett
2 Blake Walker
3 Aaron Azzopardi

Men's over 100kg
1 Harry Vlahos
2 Jarrod Little
3 Mike Hulusi



Bikini Open winners: 1. Anna McManamey, 2. Julia Barnard, 3. Katie Jean.



Figure Open: 1. Emily Fraresso, 2. Kelly Sammut.





Junior Mens bodybuilding: 1. Chris Owen, 2. Momo Saad, 3. Alex Skulski.



Over 100kg Men: 1. Harry Vlahos, 2. Jarrod Little, 3. Mike Hulusi.



Mens Novice bodybuilding class: 1. Chris Webb
2. Steve Zammitt, 3. Danny Koydovski.



Mens Physique Open: 1. Kyle Keran, 2. Rigo Gasio, 3. Peter Jovanovic.



Master Mens bodybuilding: 1. Matt Mclean
2. Brian Emerson, 3. Senol Yaman.



Guest Poser Sergio Oliver Jr.



Figure Novice top 3: 1. Vanessa Tranfield, 2. Ingrida Steponavice, 3. Rachel Sacco.



Mens Under 100kg: 1. Steve Bennett, 2. Blake Walker, 3. Aaron Azzopardi.



Under 90kg Champion Ankur Sharma.



Mens Classic top 3: 1. Kane Douglas-Somett 2. Saeed Mazinani, 3. Nathan Cahill.



Under 70kg champion Gil Laconsay.



Bikini Novice: 1. Zoe O'Meara, 2. Anastacia Papathanaiou, 3. Evie Wonder.



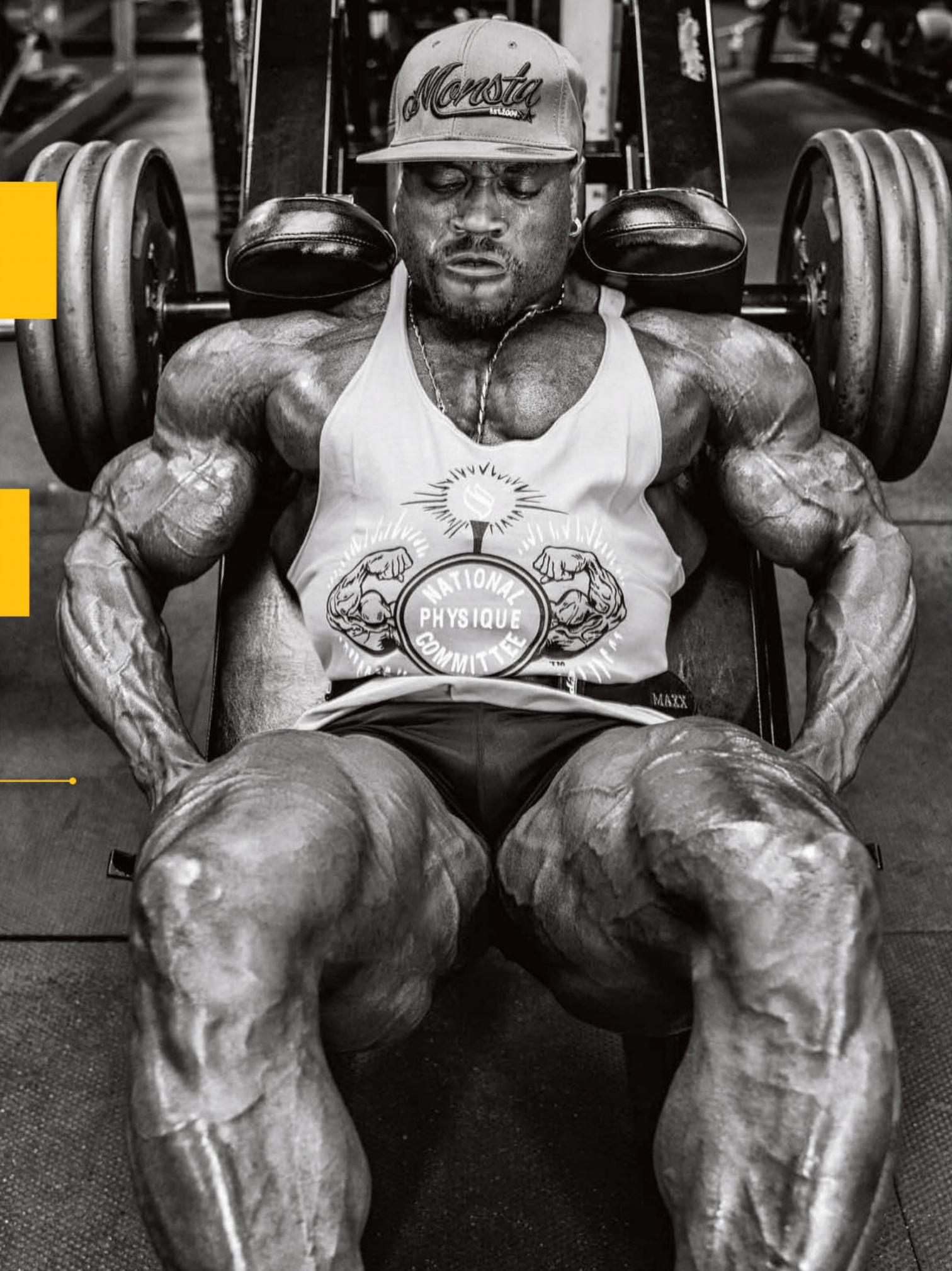
Figure First Timers: 1. Kelly Tran, 2. Renee Walker.



Men's Under 80kg: 1. Dryden Mercuri, 2. Matt Manjivio, 3. Eugene Teo.



Show promoter Tony Doherty watches on as Sergio Oliver Jr poses for his fans.


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MAXX YOUR LEGS

IFBB PRO MAXX CHARLES BLASTS HIS LEGS IN PURSUIT OF HIS DREAM

BY JAMES RILEY PHOTOGRAPHS BY PER BERNAL

"I'VE ALWAYS BEEN INTO BODYBUILDING, ALWAYS WANTED TO COMPETE,"

says 2015 IFBB Tampa Pro champ Maxx Charles. He's sharing details about his typical volume-heavy, three-hour leg workout and explaining the motivation behind such self-inflicted torture. Before he gets to discussing his latest training session at Bev Francis Powerhouse Gym in New York, he explains what led him down the iron path.

"When I was 6 or 7, I was in awe of Arnold Schwarzenegger, whom I knew only from the movies. He was amazing. Then someone said, 'You know he does this other thing – he's not just an actor.' And when I saw this other thing Arnold did – bodybuilding – and I saw his pictures in the magazines, that was all I wanted to do with my life. I wanted to be a bodybuilder, and "I wanted to be Mr Olympia.

"How many people must have had similar thoughts? They see these Mr Olympias, and it becomes their dream, the only thing that would satisfy them," he says, laughing. "You can want to be, you can try to be, but if you don't have the genetic potential – well, what if you don't? What then?"

Hexed genetics was not the quandary faced by Charles, born in



Port-au-Prince, Haiti, who nurtured and then carried those iron dreams with him when he moved to the US in the early 1990s. The hulking 180cm 38-year-old, who spends long days and weekends working as an IT tech in New York, was bursting with genetic potential. What kept Charles away from the stage had nothing to do with self-doubt regarding his ability to add muscle.

"People would tell me to give competition a try, and I'd say, 'I'm not ready. I want to be better.' All I had to go by were the magazines I was reading. In them I'd see guys who were the best, the very best, the No. 1's, and I didn't look like them. I didn't know about prepping for a contest or how they got to look like that. I loved the gym and lifting weights, but I didn't

PLATE-LOADED SQUAT

5–6 SETS, 6 REPS

"You've got to focus on pushing everything from the ground up. I do these two ways. For Week 1, I usually drop my body forward to put all the pressure on the quads, stop at the bottom, and push back up very slowly. This puts a lot of pressure on my knees, so for Week 2, I push my body backwards to take the pressure off my knees."

CHARLES' TRAINING SPLIT

MONDAY Glutes & hams
TUESDAY Chest
WEDNESDAY Quads
THURSDAY Shoulders
FRIDAY Back
SATURDAY Arms
SUNDAY Off

know anything about nutrition and diet.

"Well, because they kept telling me I should try, I finally did it – not because I believed I was ready, but because they believed in me. 'Why not?' I decided on a contest, and two weeks before the contest I spoke to someone about nutrition. He said to eat only chicken and rice. I did that for two weeks, went into the contest and won. That's how I finally made the jump into competing and working towards my dream."

After three years at the national level, Charles won the super-heavyweight and overall titles at the 2013 NPC USA at the age of 36. At his pro debut at the 2014 New York Pro, he finished in fifth place. Three months after that, at the Tampa Pro, Charles landed in fourth.

In his return to the New York Pro in 2015, he notched a third-place finish. Then, in his next contest, Charles finally earned his first IFBB Pro League title, winning the Tampa Pro this past August.

With the victory, Charles earned the right to stand onstage at bodybuilding's ultimate competition: the Mr Olympia. He carried the momentum from Tampa straight into Las Vegas, coming in 12th place.

"The Olympia is my ultimate goal – the goal of a lifetime," Charles says.



HACK SQUAT

3–4 SETS, 20–30 REPS

"I used to try to keep my lower back off of the pad, which pushes the glutes that tie into the lower back very hard. I stopped pushing my back forward to keep the quads under tension. I'll usually go up to eight or nine plates."

LEG EXTENSION

3–4 SETS,
20–30 REPS

"Keep the lower back against the pad and squeeze your quads at the peak. I like to put my quads under constant tension when I do extensions."



CHARLES' STATS

BIRTHDATE Feb. 21, 1977

BIRTHPLACE Haiti

CURRENT RESIDENCE Huntington, NY

HEIGHT 180cm

WEIGHT 143 kilos off-season; 120 kilos contest

CAREER HIGHLIGHTS 2015 New York Pro, 3rd; Tampa Pro, 1st; 2014 New York Pro, 5th; Tampa Pro, 4th; 2013 NPC USA Championships, super-heavyweight and overall (earned pro card)

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"WHEN I LOOKED AT ARNOLD, IT INSPIRED ME TO WANT TO BE A BODYBUILDER, TO WANT TO BE MR OLYMPIA."



MAXX CHARLES

CHARLES' LEG WORKOUT

EXERCISE	SETS	REPS
Plate-loaded squat	5–6	6*
Hack squat	3–4	20–30
Leg extension	3–4	20–30
Leg press	10 + 10*	20–50*

NOTES Charles is a volume monster, and his workouts can stretch to 3½ hours. The rep counts cited here represent minimums that he often exceeds in the gym.

*Perform 10 working sets of 20–50 reps, followed by 10 dropsets, with the rep count increasing each set as the weight drops. Execute 80–100 reps on the last dropset.

LEG PRESS

20 SETS,
20–30+ REPS

"This is my bread-and-butter legs exercise. I do 10 working sets with rep counts anywhere from 20 to 30 to 50. Then I do 10 dropsets and increase the reps as the weight decreases. I might do 80–100 reps on the final dropset." **FLEX**

"YOU CAN WANT TO BE SOMETHING, BUT WHAT IF YOU DON'T HAVE THE GENETIC POTENTIAL? I JUST THOUGHT, 'I CAN DO THAT'."


WASP
ST

BY JOE WUEBBEN PHOTOGRAPHS BY PER BERNAL

PEC PUNISHER

ROELLY WINKLAAR ISN'T SATISFIED WITH HIS CHEST DEVELOPMENT. THIS WORKOUT SHOULD REMEDY THAT SOON ENOUGH.

Every bodybuilder has at least one weak area. Roelly Winklaar says his chest is one of his. Perhaps he's being modest. Photos of his side chest and most muscular poses suggest his pecs are doing just fine – heavily striated, thick from top to bottom, not overpowered by his enormous arms. But hey, if a 112-kilo guy says he needs to work on something, then maybe he does.

"I'M ALWAYS TRYING TO GET MY PECS BIGGER,"

he says. "I'd like them to be up to par with my best body parts, like arms and quads. A lot of bodybuilders don't like training their weak areas. Not me. Working on my weaknesses means I'm improving. If you neglect your weaknesses, you're getting worse because symmetry is so important in our sport, especially when you're standing with the best on the Olympia stage."

As you'll see from Winklaar's training split, he trains his chest twice a week on its own in a morning workout when he's fresh. (He trains his shoulders later that day.) The late Joe Weider would have called this the "Priority Principle". When you want to bring up a weak area, give it your full attention and make sure it's not negatively affected by previous work on a tie-in muscle. "You have to be smart with how you schedule your training," says Winklaar. "You have to think about how working certain muscle groups will affect others."

The day before hitting his chest (Monday), Winklaar trains his legs. The day before that, he rests. The pecs are at full capacity come Tuesday, and they certainly need to be for the 20-set onslaught he puts his chest through. If this gruelling gauntlet of presses, flyes and pullovers doesn't bring up Winklaar's so-called weakness, nothing will.



WINKLAAR'S CHEST WORKOUT

EXERCISE	SETS	REPS
Incline barbell press	4*	12
Machine press	4*	12
Machine flye	4**	12
Cable crossover	4**	12
Dumbbell pullover	4**	12

Winklaar performs 1-2 light warm-up sets of machine presses before his working sets of incline barbell presses.

*Increase the weight each set.

**Stay with the same weight on all sets.

Training note: "I don't hold myself to certain rest periods between sets," says Winklaar, "but I don't rest very long. I would say I probably take 30 to 45 seconds between sets."

INCLINE BARBELL PRESS

Start Lie back on an incline bench and grasp the bar with an overhand grip outside of shoulder width. Unrack the bar and start with it directly over your upper chest, arms extended.

Execution Slowly lower the bar to your upper chest. Touch the bar to your chest lightly, then press it back up to the start position without locking out your elbows.

Winklaar Says "I go as heavy as possible on big exercises like incline presses. This is the best exercise for adding size."

MACHINE PRESS

Start Adjust the seat of a machine press so the handles are in line with your lower chest in the down position. Keep your feet flat on the floor and your back and head against the pad.

Execution Press the weight until your elbows are extended but not locked out. Slowly lower the bar to the down position without letting the weight rest on the stack between each rep.

Winklaar says "This is another exercise I go heavy on. Because you're using a machine, it's a little bit safer than a barbell. You can really load up on weight without having to worry so much about injury."





ROELLY WINKLAAR

Height 170cm **Weight** 112kg
Birthdate June 22, 1977
Residence Willemstad, Curaçao
Nickname "The Beast" or "Samurai"
Career Highlights 2014, Nordic Pro, 1st; 2013–14, Wings of Strength Chicago Pro, 1st; 2012, Nordic Pro, 1st; 2010 New York Pro, 1st

Start Adjust the seat of a chest flye machine so that the handles are at chest level. Sit on the seat with your back flat against the pad, grasp the handles and begin with your arms straight out to the sides and your elbows slightly bent.

Execution Contract your pecs to bring your hands together. When your hands touch, squeeze your pecs hard for a count, then slowly return to the start position without letting the weight rest on the stack.

Winklaar Says "The pecs are isolated from the triceps with machine flyes. It's important on these single-joint exercises to concentrate on the target muscle to stimulate as many fibres as possible."

MACHINE FLYE

CABLE CROSSOVER



Start
Set the pulleys on both sides of a cable station to above shoulder height and attach handles to them. Grab the handles, position yourself directly in the middle of the station and step forward a foot or two so that the weights aren't resting on the stack. Begin with your arms extended out to your sides and your elbows slightly bent.

Execution
Keeping only a slight bend in your elbows, contract your pecs to bring the handles together in a wide arc in front of your lower chest. Bring your hands together (or cross your hands over one another so your wrists touch to get a stronger contraction), then squeeze your pecs together hard for a count. Slowly return the handles to the start position.

Winklaar Says
"Focus on the inner pecs at the top of the rep to create separation between the pecs. Squeeze hard at the end."

DUMBBELL PULLOVER

Start With your body perpendicular to a flat bench and holding a dumbbell with both hands, place the backs of your shoulders on the bench with your knees bent and feet flat on the floor in front of you. Drop your hips below the level of the bench, the dumbbell straight out over your chest with your arms straight.

Execution With your elbows slightly bent, lower the dumbbell back and behind your head until you feel a stretch in your pecs. Contract your pecs to return the dumbbell to the start position.

Winklaar Says "Pullovers aren't popular, but they are a good change of pace from presses and flyes."



TRAINING SPLIT

MONDAY
AM Quads, glutes
PM Hamstrings

TUESDAY
AM Chest
PM Shoulders, traps

WEDNESDAY
AM Back
PM Biceps, triceps

THURSDAY
AM Quads, glutes
PM Hamstrings

FRIDAY
AM Chest
PM Shoulders, traps

SATURDAY
Back, biceps, triceps (all done in the same workout)

SUNDAY
Rest

NOTE
Winklaar trains abs and calves twice a week, but not always on the same days. **FLEX**

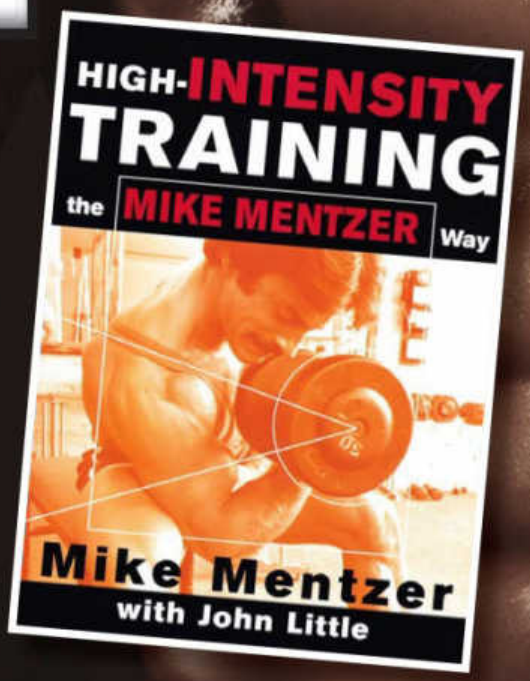
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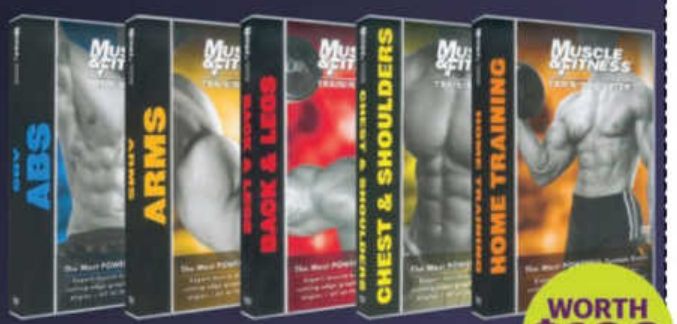
PHIL HEATH

"The Gift" takes out his fifth Olympia. Can he make it six? Check out his track record so far:

2015 IFBB Mr Olympia: 1st
2014 IFBB Mr Olympia: 1st
2013 IFBB Mr Olympia: 1st
2013 IFBB Arnold Classic Europe: 1st
2012 Sheru Classic: 1st
2012 IFBB Mr Olympia: 1st
2011 IFBB Mr Olympia: 1st
2011 Sheru Classic: 1st
2010 IFBB Mr Olympia: 2nd
2010 IFBB Arnold Classic: 2nd
2009 IFBB Mr Olympia: 5th
2008 IFBB Mr Olympia: 3rd
2008 IFBB Arnold Classic: Runner-up
2008 IFBB Ironman Pro: 1st
2007 IFBB Arnold Classic: 5th
2006 IFBB New York Pro: 1st
2006 IFBB Colorado Pro Show: 1st
2005 NPC USA's: 1st Men's Heavyweight & Overall Champ (Pro Card)
2005 NPC Junior Nationals: 1st Men's Heavyweight: Overall Champ
2004 NPC Colorado State: 1st Men's Heavyweight: Overall Champ
2003 NPC Colorado State: 1st Men's Light-Heavyweight
2003 NPC Northern Colorado: 1st: Men's Novice & Open:Overall Champ

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T.M



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